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WHAT TO EXPECT POST YOUR SCROTAL SURGERY

This information explains what you may experience post your scrotal surgery procedure and how to take care of yourself during this time.

There are various procedures which fall under scrotal surgery, including; Hydrocele, Epididymal cyst, Vasectomy, Vasovasostomy, Varicocele. Information on these procedures can be found in our scrotal surgery brochure.

Expect:

- Some scrotal/testicular pain, swelling and bruising, this will reside over a 4-6 week period.

What to do:

- **Wear supportive underwear for at least 2 weeks**
- Take it easy for 2 weeks post op
- Procedure is performed under a general anaesthetic, you will not feel anything. Local anaesthetic is also used so your pain is minimised post op
- First day post op, we recommend resting and taking it easy.
- To decrease swelling, apply an ice pack to the affected area. Leave the pack on for 30 minutes and then off for 1 hour during the day for the first 24 hours. Do not apply directly on skin.
- Your physical activity is to be limited, especially during the first two weeks after surgery.
- The supportive outermost surgical dressing can be removed at 24 hours and replaced with a folded face washer/face towel.
- You will have very small Band-Aid like dressings glued over the incision, this will dissolve/fall off over approx. 3 weeks.

Avoid:

- No sexual intercourse for 2 weeks (3 weeks for a vasectomy reversal)
- Strenuous exercise or heavy lifting for 2 to 4 weeks
- No severe straining during bowel movements - take a laxative if necessary.
- You may shower after 24 hours unless instructed not to do so. **(Avoid baths, pools, Jacuzzis for 2 weeks.)**

Inform Dr Elmes' rooms if:

- You are unable to urinate
- Increasing scrotal pain/swelling
- Fevers/unwell