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POST-OPERATIVE ORCHIOPEXY INSTRUCTIONS (ADULT)

DIET: You may return to your normal diet within 24 hours following surgery. You may have some mild nausea and possibly vomiting the first 6-8 hours following surgery. This is usually due to the side effects of anesthesia, and will disappear quite soon. We would suggest clear liquids and a very, light meal following surgery, then a normal diet as tolerated.

ACTIVITY: Your physical activity should be restricted the first 48 hours. During that time you should remain relatively inactive, moving about only when necessary. During the first 7-10 days following surgery you should avoid lifting any heavy objects (anything greater than 15 pounds) and avoid strenuous exercise. If you work ask specifically about your restrictions. We will write a note if needed.

You should plan to wear a tight pair of jockey shorts or an athletic support for the first 4-5 days even to sleep. This will keep the scrotum immobilized to some degree and keep the swelling down.

Ice packs should be placed over the scrotum for the first 48 hours, on and off. Frozen peas or corn in a Ziploc bag can be used and re-frozen. 15 minutes on and 15 minutes off is a reasonable schedule. The ice is a good pain reliever and keeps the swelling down.

WOUND: In most cases the incision(s) will have absorbable sutures that will dissolve within the first 10-20 days. Some will fall out even earlier. Expect some redness as the sutures dissolve but this should occur only around the sutures. If there is generalized redness, especially with increasing pain or swelling, let us know. The scrotum will very likely get "black and blue" as the blood in the tissue spreads. Sometimes the whole scrotum will turn colors. The black and blue is followed by a yellow and brown color. In time all this coloration will go away. ***Do not disrupt the cotton gauze attached to the scrotum.***

HYGIENE: You may shower 48 hours after surgery. Tub bathing should be restricted until the 7th day.

Medication: Take Motrin (ibuprofen) or Tylenol (acetaminophen) according to package instructions. Motrin and Tylenol do not contain narcotics and are usually tolerated better, that is, with fewer side effects. If the pain is not controlled with Motrin or Tylenol, you will have to let us know.

PROBLEMS YOU SHOULD REPORT TO US:

- ❖ Fever of 100.5 degrees Fahrenheit or greater
- ❖ Moderate or severe swelling under the skin, incisions on the abdomen or stomach, or involving the scrotum.
- ❖ If the incision sites develop extreme redness, or are warm to the touch.
- ❖ If bleeding occurs that is continuous
- ❖ Drug reactions such as hives, rash, nausea, or vomiting

FOLLOW UP:

You should have a follow up appointment 10-14 days following surgery, if you do not have a follow up scheduled please call the office to schedule one. This visit is to check his incisions and progress and to answer any questions you may have.

