

PETER M. HUGHES, M.D.
Adult and Pediatric Urology
526 Glen Street
Glens Falls, New York 12801
Telephone: (518) 792-5340 • Fax: (518) 792-5908

POST-OPERATIVE INSTRUCTIONS FOR VARICOCELE

DIET:

You may return to your normal diet within 24 hours following your surgery. You may note 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. A light meal and clear liquids the first evening following surgery is suggested.

ACTIVITY:

Your physical activity should be restricted for 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 heavy lifting any heavy objects (anything greater than 15 pounds), and avoid strenuous exercise. If you work, ask us specifically about your restrictions, both for work and home. We will write a note to your employer if needed.

WOUND:

In most cases your abdominal incision will be covered with a dressing. You will be able to shower the second day following surgery, but avoid scrubbing the area of your incision. Do not be surprised if there is mild testicular swelling and pain on the same side that the surgery was performed. This is quite typical following surgery, and may actually last 4 to 6 weeks following surgery.

MEDICATION:

You may take either Motrin (ibuprofen) or Tylenol (acetaminophen) which, contain no narcotic agents, and might be tolerated a little better, with fewer side effects than prescription pain medications. If the pain medication you are taking does not control the pain, you will have to let us know. Some narcotics cannot be given or refilled by a phone call to the pharmacy.

PROBLEMS YOU SHOULD REPORT TO US:

- A: Fever over 100.5 degrees Fahrenheit.
- B: Moderate or severe swelling under the skin incision or involving the scrotum
- C: Drug reactions such as hives, a rash, nausea, or vomiting.

FOLLOW-UP:

If you do not have a follow up appointment scheduled call the office to schedule one. At your post-operative visit the provider will check your incision and progress, this visit is usually 10-14 days following surgery.