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POST-OPERATIVE INSTRUCTIONS FOR SCROTAL SURGERY (ADULTS)

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. We would suggest clear liquids and a very light meal the first evening following surgery.

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 heavy lifting any heavy objects (anything greater than 15 lbs), 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.

- ❖ 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 place on and off over the scrotum for the first 48 hours. Frozen peas or corn in a ZipLoc bag can be frozen, 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 your incision will have absorbable sutures that will dissolve within the first 10-20 days. Some fall out even earlier. Expect some redness as the sutures, dissolve but this should occur only around the sutures. If there generalized redness, especially with increasing pain or swelling, let us know. Some surgeries require staples. If you have staples they will be removed at your post-operative appointment, these to may also have redness around the staples, but only around the staples. If there is generalized redness, increasing pain and swelling let us know. The scrotum will very likely get “black and blue” as the blood in the tissues spread. 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.

HYGIENE:

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

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.