Hydrocele, Spermatocele, Scrotal Surgery Discharge Information

**Dressing:**
The dressing can be removed in 48 hours. When it is removed/changed, put an antibiotic ointment (Bacitracin, Neosporin or triple antibiotic ointment twice a day and cover it with a 4x4 gauze pad. This will keep the underwear (or diaper if a child) from having blood on them. It is normal for a few drops of blood/drainage to occur. If it is excessive, please call.

The stitches will dissolve over time. They often start to come out between 5-14 days after the surgery. If there is any skin separation, wash it off with sterile/distilled water gently with a gauze pad to be sure it is clean and then place antibiotic ointment over the incision and cover it with a 4x4 gauze pad.

**Swelling:**
We often inject local anesthetic “numbing medicine” in and around the incision. It can be swollen and even get black and blue. This is normal and should resolve with time. Scrotal swelling is normal after surgery. It will often be less immediately after surgery, then increase in a few days, then decrease. It may take 2-4 months for the swelling to completely resolve. Scrotal support and ice are very helpful. Try to use a scrotal support for one week if it is tolerated. Ice should be used on/off for 24-48 hours as tolerated.

**Pain control:**
You will generally be given a prescription for a narcotic. Do not drive, make important decisions or do anything dangerous if you are taking narcotics. Often, extra strength Tylenol or Motrin will give excellent pain relief. Please do not take aspirin for one week after the procedure and no blood thinners such as Plavix or Coumadin for one week after the procedure. If issues regarding blood thinners were not addressed at the time of surgery, please call and ask. Narcotics can cause constipation. If this occurs, take whatever works for you. Milk of Magnesia, prune juice, Miralax, Dulcolax or Magnesium Citrate are a few options.

**Activity:**
Light activity is recommended for the first week or two. The more active you are after surgery, the more swollen it will be. Less activity will cause less swelling. If there is a lot of swelling, use ice packs liberally.

**Food:**
Eat what you feel like. Sometimes after surgery people are not hungry or don’t eat much. As long as you are able to eat/drink without nausea or vomiting, this is fine. Start slowly.
Fever:
Call if there is a fever over 100 degrees.

Bathing:
You may shower 48 hours after the procedure. If the dressing is not off by then, it can gently be removed.

Driving:
Do not drive if you are taking narcotics. Ideally, wait 5-7 days to drive. We just want you to be sure you will not be in pain and have an accident or hurt yourself or anyone else. If you question the ability to drive, please wait until you are comfortable that you can do so safely.

Follow Up:
Please call the day of surgery or the next business day to arrange an appointment in 2-3 weeks.

If you have any questions or concerns, please call for further information/instructions.

Sincerely,

Urologic Specialists of Northwest Indiana