

# Postoperative instructions

## Orchidectomy



### Your return home

#### Dressings:

- Remove your dressing in three days.
- Put ice on your scrotum is permitted, but no more than 20 minutes every hour.

#### Hygiene:

- You may take a shower 48 hours after your surgery.
- No bath or pool for three weeks.

#### Diet:

- Resume a normal diet.

### Physical activities

- Avoid physical activities for four weeks.
- Avoid sexual activity for two weeks.
- No driving for 24 hours after your surgery, or longer if you are taking pain medication.

### Pain control and constipation prevention

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- Drink prune juice and/or take Metamucil™.
- If this is not effective, take one tablespoon of Milk of Magnesia daily until you start having regular bowel movements.

### Call your doctor or visit your nearest Emergency Department if you have:

- redness surrounding the incision
- pain not controlled by pain medication
- nausea and vomiting
- shortness of breath, chest pain
- fever and chills
- discoloured discharge and/or
- uncontrolled bleeding

**Note: In case of bleeding, apply pressure for ten minutes. If bleeding persists, go to Emergency Department.**

**Please call your doctor's office on the day following your surgery to book your appointment.**

**Your follow-up appointment is in six weeks.**

**Notify 24 hours in advance for cancellations.**

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