

# Postoperative instructions

## Hydrocelectomy Spermatocelectomy

Please follow your surgeon's instructions if they differ from the following statements



### Your return home

#### Dressings:

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

#### Hygiene:

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

#### Diet:

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation.

### 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 or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-a-day or Clearlax until you start having regular bowel movements.

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

- redness surrounding the incision;
- pain uncontrolled by pain medication;
- nausea and vomiting;
- shortness of breath, chest pain;
- fever and chills;
- discoloured discharge;
- uncontrolled bleeding.

**Note: If bleeding occurs, apply pressure for ten minutes. If bleeding persists, go to the Emergency Department.**

**To book your appointment, call you Surgeon's office.**

The office information was given with your discharge instructions.

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