

# EL CAMINO UROLOGY MEDICAL GROUP, INC.

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## POST OPERATIVE INSTRUCTIONS FOR SCROTAL SURGERIES

### What to Expect

- Slight redness, swelling, and scant drainage along the incision for 24-48 hours.
- Mild to moderate discomfort.
- Bruising as the tissue heals.
- Mild burning with urination, frequency, or urgency.
- Mild nausea and vomiting secondary to anesthesia.

### Activity

- No sexual activity until cleared by physician.
- Check with physician regarding specific work instructions.
- Wear athletic supporter or snug fitting underwear.

### Wound Care

- Shower only after 48 hours; sponge bath as needed for the first 2 days after surgery. No bath tub, pool or Jacuzzi for 2 weeks after surgery.
- Keep wound dry for the first 2 days then you may wash incision with soap and water.
- Apply ice pack to scrotum for the first 48 hours as needed to limit swelling.
- If you have a drain, the nurse will instruct you on care of the drain. Schedule an appointment to have the drain removed by your doctor.

### Diet and Elimination

- Diet as tolerated. Begin with clear liquids, clear soup, dry toast or crackers. If no nausea, may resume regular diet.
- Increase water intake to keep urine clear.
- Use a mild laxative or stool softener to avoid straining while having a bowel movement.

### Call our office if:

- Increased pain and swelling.
- Fever over 101.5F.
- Difficulty voiding.
- Severe nausea and vomiting.