

ORCHIECTOMY POST-OPERATIVE INSTRUCTIONS

After surgery, what should I expect?

Because the scrotum is a low pressure sac that hangs outside of the body, it is more susceptible to bleeding. For this reason, it is important that you remain inactive except for brief walks the day of your surgery. You will also awake with a small incision through which your doctor performed the surgery.

- Expect some bleeding and oozing around incision site for the first week after surgery.
- Red/pink urine is not uncommon the first few days following surgery.
- Swelling of the scrotum is not uncommon for the first 48 hours after surgery. You may want to use a bag of frozen peas wrapped in a towel to help reduce the swelling.

Diet and Activity Following Surgery

- After surgery you will be given clear liquids such as broth, juices, or Jello. As you are able to tolerate it, you will return to a regular diet.
- Abdominal Distention, Constipation, or Bloating: Take a Colace OTC. If you have no movement after 24 hours it is fine to use a Dulcolax suppository. Do not strain during your bowel during movement.
- You will be asked to walk soon after surgery to return circulation, breathing, and bowel function back to normal. This is very important in preventing the occurrence of blood clots.
- Avoid strenuous activity for 2-3 days post-surgery to allow healing. Once outside of the three day window, you may walk and start to gradually add activity as your body tolerates it.
- You may shower 48 hours after surgery. Be sure to rinse the incision site carefully and pat dry. Avoid soaking water of any kind (bathtub, hot tub, lake, swimming pool, etc) until the incision site is completely healed.
- AVOID lifting any weight over 15 lbs for the first two weeks after surgery.
- Pink-tinted urine is not unusual.
- Your wound should begin to heal in 1-2 days and your absorbable stitches should disappear in 10-12 days.

Post-procedure, if you experience any of the following, please contact our office:

- Fever over 101° F, uncontrolled pain, nausea, or vomiting.
- Difficulty passing urine.
- Large amounts of drainage from incision site or opening in the site.

Please call our office at (650) 962-4658 with questions that are not addressed by this form during the hours of 8:30 am - 5 pm. In the event of an emergency, contact the doctor on call via the same number or call 911.

2490 Hospital Drive Ste 210 - Mtn View, CA 94040 - Phone (650) 962-4662 - Fax (650) 962-4652