

After Scrotum Surgery

Urologist: _____

Clinic phone: _____

You have had a:

- Hydrocele repair
- Scrotal exploration
- Excision (removal) of epididymal cyst
- Simple orchiectomy

After Scrotum Surgery

Managing pain and/or discomfort

- The area around your incision (cut) may be swollen and bruised. This is normal. This should go away a few days after surgery.
- Your scrotum may be swollen and bruised for several weeks.

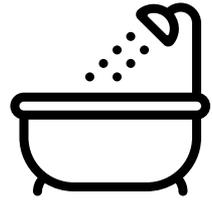
To help with swelling and discomfort:

- Wear an athletic support garment (like a jock strap) or tight briefs after surgery. These garments can compress (press on) the scrotum to help prevent swelling.
- Place an ice pack (or a bag of frozen peas) over your athletic support garment or briefs.
 - › Leave it in place for up to 20 minutes once an hour for the first several hours.
 - › **Do not** leave the ice pack in place for more than 20 minutes at a time.
- Take pain medication as told by your urologist (urinary tract specialist).
 - › **Do not** drink alcohol while taking pain medication.
 - › **Do not** drive a car while taking pain medication.



Showering or bathing

- You may take a shower 24 hours (1 day) after your surgery. Gently pat your scrotum dry with a towel after showering or bathing. **Do not scrub.**
 - › **For the first 3 days after your surgery, do not** wash your incision site directly. Let soapy water run over the site while you are taking a shower.
 - › After 3 days, you can gently wash the area. **Do not scrub hard.**
- You may take a bath 7 days (1 week) after your surgery.



Activity

- Rest on the day of your surgery and for the next 2 days.
- You can go back to your usual daily activities 3 days after your surgery, or when you feel comfortable. **Do not** do too much. Listen to your body.
- For at least 10 days after your surgery, avoid strenuous (hard) activity, exercise, and heavy lifting.

- You may have sex 2 to 3 weeks after your surgery, or sooner if you feel comfortable. Wait until the swelling and tenderness go away.

Care of your incision

- You may take your dressing off the day after your surgery, or as told by your urologist.
- Keep your incision clean and dry. Follow the instructions for showering on page 2.
- You will have tiny stitches over the incision that dissolve (go away) on their own. They will go away within 7 to 10 days. You may see some discharge from the incision as the stitches dissolve.

Call your primary health care provider (family doctor or nurse practitioner) or urologist if you have:

- › Redness, warmth, or swelling around the incision
- › Drainage from the incision that smells bad
- › Bleeding from the incision that does not stop when you put pressure on it
- › Fever (temperature above 38 °C or 100.4 °F) and/or chills
- › Pain that is getting worse and does not go away after taking pain medication

If you cannot reach your primary health care provider or urologist, go to the nearest Emergency Department.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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To be reviewed March 2029 or sooner, if needed.
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