

# After Scrotum Surgery

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](https://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.  
Learn more: <https://library.nshealth.ca/patient-education-resources>

Urologist: \_\_\_\_\_  
Clinic phone: \_\_\_\_\_

- You have had a:**
- Hydrocele repair
  - Scrotal exploration
  - Excision (removal) of epididymal cyst
  - Simple orchiectomy



**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.**

## 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.

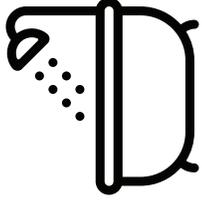
### To help with swelling and discomfort:

- 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.



- 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.

## 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.