

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 the day after your surgery. You will also awake with a small incision through which your doctor performed the surgery.

Swelling and bruising of the testes is not uncommon for the first 48 hours after surgery. Often, swelling or bruising can extend into the penile shaft. Elevating the scrotum and placing a bag of frozen peas wrapped in a towel will help reduce the swelling. It is also recommended you wear supportive underwear.

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 Ducolax 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 all activity for 2-3 days post-surgery to allow the small blood vessels in the testes to heal. Once outside of the three day window, you may walk and start to gradually add activity as your body tolerates it. Keep activity light for 2 weeks. Do not perform in any “straddle activities” such as riding a bicycle.
- Avoid sexual intercourse for 2 weeks after surgery.
- 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, approximately 6 weeks.
- Your wound should begin to heal in 1-2 days and your absorbable stitches should disappear in 10-12 days.
- AVOID lifting any weight over 15 lbs for the first two weeks after surgery.

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

- Your incision becomes increasingly red, swollen, or hot to touch.
- 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 (503) 561-7100 with questions that are not addressed by this form during the hours of 8:30 am - 12 pm and 1 pm – 4:30 pm.

In the event of an emergency, contact the doctor on call via the same number or call 911.