

Instructions for Going Home After:



UHN

- Hydrocele/Hydrocelectomy
- Spermatocele/Spermatocelectomy
- Vasovasectomy
- Epididymectomy
- Testicular biopsy
- Orchidectomy
- Varicocelectomy

Do not drive a car or drink alcohol for 24 hours.

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Hydrocele is a collection of watery fluid around the testicles, which is usually painless. Your surgeon will perform a hydrocelectomy (he will make a cut into the hydrocele to remove the fluid that is in the sac).

Spermatocele can be a cyst-like mass within the scrotum that contains fluid and dead sperm cells. It can also form as a result of infection or trauma. A Spermatocelectomy is done to remove this cyst-like obstruction.

Vasovasostomy (vasectomy reversal) reconnects the tubes (vas deferens) that were cut during a vasectomy.

Epididymectomy is the removal of the epididymis. Epididymitis is caused by the spread of infection from the urethra or the bladder.

A **testicular biopsy** is a test in which a small sample of tissue is taken from one or both testicles and examined under a microscope.

Orchiectomy is an operation that removes your testicles because of inflammation caused by a bacterial infection or abnormal testicular growth.

During a **varicocelectomy** the surgeon repairs varicose veins in the scrotum to reestablish proper blood flow to the penis and testicles. Often, the procedure results in improved fertility.

What can I eat or drink after my operation?

You can go back to eating and drinking what you normally would right away.

How much activity is safe?

- You can go back to most of your normal activities. But for the first
- 4 weeks after your operation:
- Do NOT lift anything more than 10 lbs (for example, do not carry groceries, or lift children or pets).
- Do NOT do strenuous exercises. For example, no gardening, snow shoveling, jogging, golfing, or skiing.
- Do NOT have sex unless your surgeon has approved it.
- **Do NOT strain when you are having a bowel movement.** To make sure you don't get constipated, drink lots of fluids (about 6-8 glasses of water a day. Each glass should be about 8oz). Eat foods that are high in bulk (for example, bran and fruit).

Your surgeon will tell you when it's safe to go back to work.

How to take showers

- You may take a shower 24 hours after your operation.
- Do not take baths for 3 to 4 weeks after your operation.

How to take care of your wound

- Dressing may be removed after 24 hours.
- Keep the wound clean by wearing clean underpants at all times.
- Your stitches will gradually self-absorb.
- Wear scrotal support or jockey underpants for 1 week.
- To decrease swelling, apply an **ice pack** to the affected area. Leave the pack on for 30 minutes and then off for 1 hour during the day **for the first 24 hours only**.

How to care for your drain

You may have a drain coming from below the incision (wound) area. The drain will help to eliminate any excess fluid you may have below your incision.

It is normal to have fluid draining from the wound. The amount should decrease every day until it stops completely.

- Cover the wound and the drain with a 4x4 gauze and tape. The wound must be covered at all times until the drain has been removed (you can buy the gauze at your local pharmacy).
- Wash your hands before handling the bandage or the drain and always wear clean jockey underwear.
- When showering, remove the bandage carefully so that the drain is NOT removed. Pat the area dry and cover the incision again with clean gauze.
- If the drain falls out, apply a dry bandage over the incision and call your surgeon immediately.

A Home Care Nurse may be arranged for you to help with the drain. Your surgeon will arrange for a Home Care Nurse if you need one (the nurse will begin visiting you the day after your surgery).

Your surgeon will remove the drain at your follow-up appointment.

How to cope with your pain

It is normal to have pain after this operation. The pain should get better with time. You may be given a prescription for pain medication. Take it to a pharmacy to have it filled and follow the directions for taking the medication.

- Take the pain medication every 4 to 6 hours for the first 24 hours if you are feeling pain.

- After the first 24 hours, gradually decrease the amount you take. Take less and less until you don't need any medication. Or, change your medication to Extra Strength Tylenol and take 1 - 2 tablets only when you feel pain.

Pain medication can make you constipated. To prevent constipation:

- Drink lots of fluids (3 to 5 glasses of water every day. Each glass should be about 8 oz.)
- Eat foods that are high in bulk (bran and fruit).
- If you have not had a bowel movement for 72 hours, take 30 ml of Milk of Magnesia. You can get this from your pharmacy without a prescription.

Problems to watch for

Call your surgeon or call (416) 340-3155 and ask to speak to the Urology Resident on call or go to the nearest hospital emergency department, if you have:

- severe pain which does not go away with the pain medication
- your drain falls out
- excessive bleeding
- a fever greater than 38° C or 100°F
- redness, increase of pain or discharge of yellow material from the incision.

Follow Up Appointment:

You must have a follow up appointment with your surgeon. Call your surgeon's office to make an appointment if one is not made for you.

Doctor: _____
 Date: _____ Time: _____
 Location: _____
 Phone: _____

Special Instructions:

For more information visit our website
 at
<http://www.uhn.ca/>



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