



## **Post Operative Inguinal/Scrotal Surgery Instructions**

**Hernia Repair. Orchiopexy. Varicocelectomy. Hydrocelectomy. Spermatocelectomy. Vasectomy.**

Please read the following instructions. They are intended to make your recovery as quick and complete as possible.

**ACTIVITY** – ***AFTER RESTING FOR THE FIRST 48 HOURS***, you may begin with light activity, as you can tolerate it, for 2 weeks. Do not lift anything heavier than a gallon of milk or 15 lbs.

**WOUND CARE** – ***Keep the dressing (including the scrotal support) in place for 48 hours post procedure.*** During the first 48 hours apply an ice pack to wound area 20 minutes on, 20 minutes off. After 48 hours you can shower, but no baths. Post shower, apply Bacitracin or Neosporin Ointment and gauze 3 times daily for 1 week.

***For Children with diaper*** - Change the diaper every hour for first 48 hours. After the first 48 hours change diaper as necessary and follow the same instruction of applying ointment and gauze 3 times a day for 1 week.

**FLUIDS** – It is important that you stay well hydrated.

**MEDICATIONS** – Take prescribed medication as directed. Be sure to take a stool softener if you have a history of constipation. You should limit your narcotic pain medication use after the first 2-3 days. Motrin can be used after 48 hours post procedure in place of narcotic pain medication. Take all of your normal medication unless otherwise instructed (for example: do not restart blood thinning medication unless you have spoken to the surgeon first).



**NOTIFY YOUR UROLOGIST IF: (908) 751-5939**

1. You have pain and/or nausea that is not relieved by your prescription.
2. You have a temperature above 100.5.
3. You experience an unusual amount of swelling and/or bleeding.

Your follow up appointment is scheduled for:

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(Schedule for 10-14 days post procedure)