

THE UROLOGY GROUP

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Walter O'Brien, Kevin O'Connor, Nicholas Lailas,
Gregory Schenk, Jennifer Young, Chuck Pruna, Christopher Starks
Julie Spencer, Kristin Tamburro, Kathleen Cage, Mari Parker

1860 Town Center Drive • Suite 150 • Reston, VA 20190 • 703-480-0220
19415 Deerfield Avenue • Suite 112 • Leesburg, VA 20176 • 703-724-1195
224-D Cornwall Street, NW • Suite 400 • Leesburg, VA 20176 • 703-443-6733

POSTOPERATIVE INSTRUCTIONS FOR SCROTAL SURGERY

24 hours postop: Do not drive a car or operate machinery for 24 hours after anesthesia. Do not take alcohol, tranquilizers, sleeping medication or any non-prescription medication for 24 hours after anesthesia or if taking a pain medication.

Diet: Begin with clear liquids. Avoid any heavy meals on the day of the procedure. Depending on how you feel the next day, you may resume your normal diet. Drink plenty of water.

Activity: Avoid any strenuous activity for two to three weeks. This includes activity such as going to the gym, yardwork and stretching exercises. You should avoid lifting anything over 20 pounds for the next four to six weeks.

Wound care: You will feel more comfortable if you put ice on the scrotum for the first four to six hours after surgery. Wear a scrotal support (jock strap) for two weeks or as directed. It is normal to have discomfort, some swelling and bruising of the skin near the incision that can last up to two weeks.

Bathing: Wait 24 hours to take a bath or shower. Remove the scrotal support and dressing at that time. Stitches in the skin will dissolve on their own over the next two to three weeks. There may be some redness and irritation as they dissolve.

Medication: You can obtain good **pain relief** by taking two acetaminophen (Tylenol) every four hours for the first several days. You may also get a prescription for pain pills which you may use in addition to acetaminophen (Tylenol) every four hours. Do not take more than 4000 mg acetaminophen (Tylenol) per day. You may take two ibuprofen tabs ever four to six hours in addition to acetaminophen (Tylenol) and the prescription medication. Ibuprofen has been shown to decrease the number of pain pills needed to be comfortable as well as decreases swelling and inflammation.

Anesthesia and prescription pain medication can make you constipated. Straining to have a bowel movement can harm the surgery site. Be sure to **avoid constipation** by taking plenty of fiber and water. You may take over the counter medications such as docusate (Colace), senna (SennaGen or Senokot), bisacodyl (Dulcolax), polyethylene glycol (Miralax), mineral oil, magnesium hydroxide (Milk of Magnesia). You may use over the counter suppositories such as bisacodyl (Dulcolax) or enema such as tap water or sodium phosphate (Fleets).

Postop appointment: Call the office to make an appointment in two to four weeks if you do not already have a postoperative appointment.