

Information for Patients

Scrotal Surgery

Hydrocele | Varicocele | Orchidectomy
Orchidopexy | Epididymal Cysts

Care at home instructions following scrotal surgery

- Following discharge, we advise that you rest (with feet elevated when possible) for the first 12-24 hours.
- Keep your wound clean and dry for 24 hours, then you may shower or bath.
- Leave the mefix (white dressing) that is on your wound in place as it will dry naturally. If you have no dressing, just dry the wound gently.
- You can remove the mefix dressing (if present) after seven days.
- Bruising and swelling is common and will disappear after a couple of weeks.
- You will have stitches in the wound, but they are dissolvable. There is no need for them to be removed.
- It is advisable to wear supportive underwear to reduce discomfort and strain on the wound.
- Avoid wearing constrictive clothing.
- You can eat and drink as normal but avoid constipation.
- If the wound appears swollen, red, and painful, or has a discharge, this may indicate a wound infection. Please contact Urology Associates and speak to a nurse.
- If excessive swelling occurs, place a clean dry cloth over the swollen area and put an icepack on top.
- If severe swelling continues to increase after 30 minutes of the icepack treatment, please contact Urology Associates and speak to a nurse.

Returning to work

- You can return to work when you feel comfortable to do so.
 - If you have a physical job or a job that requires long periods of standing you should plan for 1-2 weeks off work. You may consider arranging light duties if you return earlier.
 - No heavy lifting, contact sports, or bike riding for two weeks after surgery as this puts strain on the wound and will be uncomfortable. If you have any wounds on your tummy (abdomen), such as after varicocele surgery or some types of orchidectomy, you should avoid any heavy lifting for four weeks as this will reduce your risk of developing a hernia.
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