



**METROUROLOGY**

## **AFTER VARICOCELE SURGERY INSTRUCTIONS**

### **DIET**

You may return to your normal diet within twenty-four (24) hours following your surgery. You may note some mild nausea and possibly vomiting the first six to eight hours following surgery. This is usually due to the side effects of anesthesia, and will disappear quite soon. We suggest clear liquids and a very light meal the first evening following surgery.

### **ACTIVITY**

Your physical activity should be restricted the first forty-eight (48) hours after surgery. During that time you should remain relatively inactive, moving about only when necessary. During the first two weeks following surgery, you should avoid lifting any heavy objects [anything greater than twenty (20) pounds], and avoid strenuous exercise.

### **WOUND**

In most cases, your abdominal incision will be covered with a dressing. You will be able to shower 24 hours after surgery, but avoid scrubbing the area of your dressing. If there is no drainage from the incision, you may take and leave the dressing off. If some drainage is present, replace the dressing daily until the wound seals. Do not be surprised if there is mild testicular swelling and pain on the same side that the surgery was performed. This is quite typical following surgery, and may actually last for four to six weeks.

### **MEDICATION**

In most cases, you will be sent home with a narcotic pain medication (Tylox or Percocet). For mild pain, you may take Tylenol (acetaminophen), which contains no narcotic agents, and might be tolerated a little better.

### **PROBLEMS YOU SHOULD REPORT TO US**

- Fever of 101.0 degrees Fahrenheit or more.
- Moderate or severe swelling under the skin incision or involving the scrotum.
- Drug reactions such as hives, a rash, nausea or vomiting.

### **FOLLOW UP**

You should contact our office within 24 hours of your surgery to set up your first follow-up appointment, if this has not already been scheduled. This visit is usually set up one month following your surgery.