



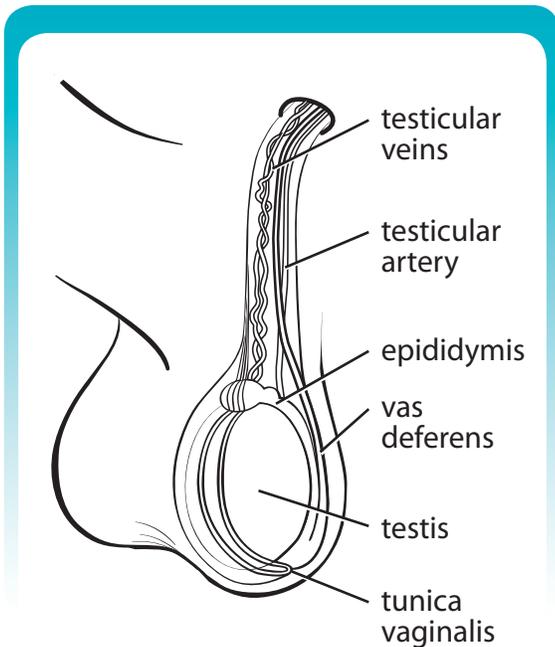
# Scrotal surgery

## Discharge instructions



An operation was performed on the testicles or their supporting structures.

**A**n operation has been performed on the testicles or their supporting structures. The scrotum is the sac of skin containing the testicles where sperm and male hormones are produced. Sperm matures and is stored in the epididymis. The spermatic cord contains the testicular blood vessels and the vas deferens through which sperm is conducted at the time of ejaculation.



### Wound care

Your incision has been closed with dissolving stitches. Any visible knots should fall off when the incision has healed adequately. Until then, the incision should be protected and kept clean.

A scrotal support or snug underwear will usually increase comfort. There may be variable bruising or swelling of the scrotum appearing over the first few days. Swelling can be minimized, if necessary, by applying a cold pack to the scrotum for about 20 minutes three or four times daily for several days. Bruising and swelling should gradually disappear over a few weeks. The incision should slowly fade to a fine scar.

### Hygiene

You may shower the day after your surgery. Bathing in clean water is also possible, unless a drain has been left in the scrotum, in which case your doctor will advise you of any precautions. Swimming and soaking in hot tubs should be avoided until your sutures have completely dissolved.

### Bowel function

Your normal bowel pattern should return when you resume your usual diet and activity. Avoid straining to have a bowel movement. A non-prescription stool softener, like docusate sodium (e.g. Colace™), is often helpful in this regard.

### Activity

Gradually resume your usual activities. Avoid straining or heavy lifting (over 10 kg or 20 lbs.) for about two weeks from the date of surgery as these activities can increase swelling and the risk of bleeding.

Sexual activity can be resumed when you are comfortable.

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