



Scrotal surgery

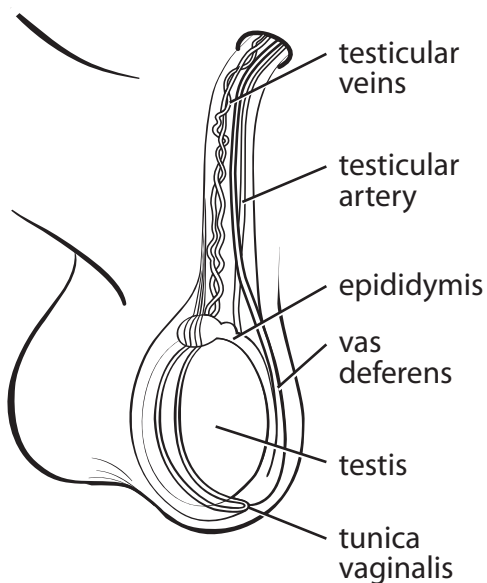
Discharge instructions

Your doctor has done surgery on your testicles and the surrounding tissue.

What do I need to know about scrotal surgery?

- The **scrotum** is the “bag” of skin that holds and protects the testicles. (See diagram *Anatomy of the scrotum*)
- Each testis makes sperm and male hormones (such as testosterone).
- The epididymis holds the sperm so that they can mature and father a child.
- Sperm flows up and out from the vas deferens when you ejaculate.
- The **spermatic cord** contains the vas deferens, blood vessels for the testicles, nerves, and muscles.
- You have had surgery on your testicles and the surrounding tissue.

Anatomy of the scrotum



How do I take care of the incision from the surgery?

- Your doctor has made a cut (incision) and then closed it with dissolving stitches (stitches that do not have to be taken out).
- If there are any knots in the stitches, they should fall off when the incision has fully healed.
- You need to be careful with the incision and keep it clean until the stitches disappear.
- A support for the scrotum or snug underwear that will hold, hug, and lift your scrotum, will help you feel more comfortable.
- In the first few days after surgery, you may see bruising or swelling in your scrotum.
- To help with swelling, you can try using a cold pack.
 - For about 20 minutes each time
 - Three or four times a day for several days.
- Bruising and swelling should disappear little by little in a few weeks.
- In time, your incision will be only a fine scar.

Can I get my wound wet?

- You may shower the day after your surgery.
- You may also take a bath in clean water.
- Your doctor will let you know if there are any safety measures you need to take if you have a drain in your scrotum.
- You should stay away from swimming and soaking in hot tubs until your stitches are totally gone.

How will this surgery affect my bowels?

- When you go back to physical activity and your usual diet, your normal bowel movements should also return.
- It is important not to strain when having a bowel movement.
- If you need to strain, try using a non-prescription stool softener like Polyethylene Glycol (PEG) 3350 (such as RestoraLAX™)

When can I go back to my usual activities?

- Slowly go back to your usual activities.
- It is also important not to strain by lifting a heavy weight (over 10 kg, or 20 lbs.) for about two weeks after surgery.
 - Doing this can make the swelling worse
 - There is a risk of bleeding
- You may have sex whenever you feel ready.

What do I need to know about medications?

- When you leave the hospital, you will have a prescription for a mild painkiller, usually acetaminophen with codeine (such as Tylenol #3™).
 - You can use this medication when you feel you need it.
 - Note that codeine may cause constipation.
- When you have less pain, use acetaminophen (regular Tylenol™).
- You should be able to keep taking your usual medications.
- If you have any questions about your medication, ask your doctor.

Important information about medications

- If you take aspirin, arthritis medications and blood thinners, you are at greater risk of bleeding after surgery.
- Follow your doctor's instructions about starting these medications again.

It is important to see your doctor if:

- You get a fever
- You see pus from the incision
- There is a redness in the skin around the incision that seems to be spreading

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