

Spermatocelectomy

postprocedure instructions

What is it?

Spermatocelectomy is a surgical procedure involving making a small incision in the scrotum to remove a cystic accumulation of sperm.

After surgery, what should I expect?

Because the scrotum is a low-pressure sac that hangs outside of the body, it is more susceptible to bleeding. For this reason, it is important that you remain inactive except for brief walks the day of your surgery. You will also awake with a small incision through which your doctor performed the surgery. It is not uncommon to see some blood in the urine or feel some burning upon urination for up to three days after your surgery.

- Expect some bleeding and oozing around incision site for the first week after surgery.
- Red/pink urine can be expected the first few days following surgery.
- Swelling of the testes is not uncommon for the first 48 hours after surgery.

Diet and activity after surgery

- Abdominal distention, constipation or bloating: Take a stool softener as directed. If you still have no movement after 24 hours, it is safe to use a Docolax suppository.
- After surgery you will be given clear liquids such as broth, juices or gelatin. As you are able to tolerate it, you may return to a regular diet.
- You will be asked to walk soon after surgery to return circulation, breathing and bowel function back to normal. This is very important in preventing the occurrence of blood clots.
- Avoid strenuous activity for three days after surgery to allow healing. Once outside of the three-day window, you may walk and start to gradually add activity as your body tolerates it.
- Walk at least three times a day, gradually increasing your distance.
- You may shower 48 hours after surgery. Be sure to rinse the incision site carefully and pat dry. Avoid soaking in water of any kind (bathtub, hot tub, lake, swimming pool, etc.) until the incision site is completely healed.
- Avoid lifting any weight over 15 pounds for the first two weeks after surgery.
- Pink-tinted urine is not unusual.
- Your wound should begin to heal within two days, and your absorbable stitches should disappear in 10 to 12 days.

If you experience any of the following, please contact our office:

- Your incision becomes red, swollen or feverish.
- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Difficulty passing urine.
- Large amounts of drainage from incision site or opening in the site.

Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.

SHMG-2689 457307