

Varicocelectomy

postoperative instructions

What is it?

Varicocelectomy is a surgical procedure to remove enlarged veins in the scrotum.

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 the day after your surgery. You will also awake with a small incision through which your doctor performed the surgery.

Swelling and bruising of the testes is not uncommon for the first 48 hours after surgery. Often, swelling or bruising can extend into the penile shaft. You may want to use a bag of frozen peas wrapped in a towel to help reduce the swelling.

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. Do not strain during your bowel movement.
- 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 all activity two to three days after surgery to allow the small blood vessels in the testes to heal. 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.
- Your wound should begin to heal within two days, and your absorbable stitches should disappear in 10 to 12 days.
- Avoid lifting any weight over 15 pounds for the first two weeks after surgery.

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

- Your incision becomes increasingly red, swollen or hot to touch.
- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Incisional drainage that is a yellow or greenish color.

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.

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