

PERIOPERATIVE SERVICES

Post-Operative Instructions

Radical Orchiectomy

PAIN:

You may experience some discomfort after your surgery. The Surgeon has given you a prescription for pain medication; take as directed.

OPERATIVE SITE:

Apply ice frequently to the operative area for the first 72 hours to minimize pain, swelling and bruising.

Suggest every 2 hours for 15 – 20 minutes at a time while awake.

ACTIVITY:

Frequent rest periods for 1 week will help to prevent swelling and bleeding. You may shower the day after surgery but should avoid hot water. Re-apply dressings and scrotal support / or underwear afterwards. Your Surgeon will advise you at your follow-up appointment when you may resume sexual intercourse, a regular exercise program and return to work.

DIET:

Resume your regular diet the day after surgery. Increase the amount of fibre in your diet and drink plenty of fluids to avoid constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

FOLLOW UP:

You will be advised about your follow up appointment the day of surgery or contact your Surgeon's office about a follow-up appointment. If you are a Day Surgery patient, a Nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

ADDITIONAL INFORMATION:

Resume other prescribed medications you were taking prior to surgery, unless you have been told otherwise.

Do not take any medication containing blood thinners or Aspirin™ as this could cause bleeding until advised by your Surgeon.

CONTINUED ON OTHER SIDE →



Queensway
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Call your Surgeon or go to the nearest Emergency Department if you have any of the following:

1. Severe pain not controlled by medication.
2. Unexplained fever and chills (temperature above 38° C).
3. Large amount of bleeding.
4. Foul smelling (yellow-green) discharge from operative site.
5. Significant swelling and or redness around the incision.

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your Doctor and Healthcare Team about your particular healthcare needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands save lives.