

PERIOPERATIVE SERVICES

Post-Operative Instructions

Fixation of Testes Surgery

PAIN:

You may experience some discomfort after surgery. Your Surgeon will give you a prescription for pain medication. Take as directed.

OPERATIVE SITE:

Gauze dressing should be used over incisions to prevent irritation from your underwear. You will have a scrotal support which should be worn for comfort and support. Apply ice to the scrotum frequently for the first 4-5 days after surgery to minimize swelling and pain. The stitches are dissolvable. Small amounts of bleeding and bruising in the scrotum and groin regions are common.

ACTIVITY:

Frequent rest periods for 1 to 2 weeks will help to prevent bleeding and swelling. You may shower or bathe that next day; avoid hot water. Re-apply dressing and scrotal support afterwards. Your Surgeon will advise you at your follow-up appointment when you can resume sexual intercourse, a regular exercise program and when to return to work.

DIET:

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

FOLLOW-UP:

Your Surgeon will advise you of your follow-up appointment the day of your surgery. 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.

CONTINUED ON OTHER SIDE →



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ADDITIONAL INFORMATION:

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

Do not take any medication that contains Aspirin™ until advised by your Surgeon.

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

- excessive bleeding
- elevated temperature (38°C or 100.4°F) and/ or chills lasting more than 24 hours
- swelling
- severe pain not controlled by medication

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.