

PERIOPERATIVE SERVICES

Post-Operative Instructions

Hydrocelectomy/Epididymal Cyst Surgery

PAIN:

You may experience some discomfort after your surgery. You will be given a prescription for pain medication. Take as directed.

OPERATIVE SITE:

Gauze dressing and polysporin ointment should be used over incisions to prevent irritation from underwear. You may have a scrotal support that should be worn for complete support. Apply ice for 20 minutes every 2 hours while awake to reduce pain and swelling. This should be done for the first 4-5 days following surgery. Your stitches will dissolve on their own.

ACTIVITY:

Frequent rest periods for 1 to 2 weeks will help to prevent bleeding and swelling. You may shower or bathe the 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. Avoid hot tubs, saunas and swimming until advised by your Surgeon.

DIET:

Resume your regular diet the day following surgery. Increase the amount of fibre in your diet and drink extra 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:

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.

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ADDITIONAL INFORMATION:

Do not take any medication that contains Aspirin™ or blood thinners since this could cause bleeding until advised by Surgeon.

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

Call your Surgeon or go to the nearest Emergency Department for the following:

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

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.