

Male Fertility and Sexual Medicine Specialists
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Scrotal Surgery Post Operative Instructions Excluding Vasectomy Reversal

**YOU MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT UPON DISCHARGE
AND FOR 24 HOURS AFTER SURGERY**

ACTIVITY:

1. Bed rest today, you may resume light activities tomorrow.
2. Do not drive a car or operate machinery, power tools or appliances for at least 24 hours.
3. Do not drink alcoholic beverages or make critical decisions for a minimum of 24 hours.
4. No intercourse for _____ days.
5. Deep breathing 10 times a day for 5 days post op.
6. Perform ankle (press on gas pedal) and knee (bicycling) flexion and extension exercises for five minutes every hour when awake. This will work your calf and thigh muscles to prevent blood clots forming in your legs.
7. Apply Antibiotic ointment 3 times a day starting post op day #1 for 5 days total **OR** follow Dermabond instructions.

DIET:

1. Clear liquids now and advance slowly to regular diet as tolerated.

MEDICATION:

1. Take your pain medications as prescribed by your Doctor. **Constipation is a side effect of the medication, make sure you drink plenty of water and increase the fiber in your diet to prevent this.**
2. If your pain is severe and not relieved by the prescription given, call Dr. Bastuba at 619-286-3520.
3. If prescribed an antibiotic, take as prescribed.

BATHING:

1. You may take a shower in _____ hours.

GENERAL INFORMATION:

1. Keep ice on the surgical site throughout today and tonight then you may remove it tomorrow.
2. Remove the dressing on _____ as directed by your Doctor. You may wish to continue Athletic supporter use for 1 week post op.
3. If you notice any bright red bleeding or have drainage that is foul smelling, contact your Doctor.
4. If you run a fever of 101 degrees F or higher, contact your Doctor.

5. Call for follow up appointment _____.

Bruising of penis, groin, scrotum and even thighs are routine to experience following any scrotal surgery.

PATIENT: _____

DATE: _____