



Post-Surgical Instructions - Microsurgical Denervation or Varicocele Repair

Wound care

Dressing

Leave the original waterproof dressing in place for 48 hours
If the dressing becomes wet and waterlogged - remove it early
After 48 hours, remove the dressing regardless

Stitches

The stitches are dissolvable and underneath the skin
You may have a few more visible superficial stitches, these are also dissolvable

Washing

Shower twice a day - morning and night
Wash as normal in the shower, but be gentle over the wound
Make sure the wound dries completely - pat it with a towel, do not rub it
Use a hair dryer to gently dry the wound if needed

Infection

A slight redness and elevation of the wound is normal
Contact us (1800 487 656) if you notice any of the following signs

- Increasing/spreading redness
- Increasingly warm to touch
- Worsening pain
- Purulent ooze
- Fevers, sweats

Activity

Wear tight underwear to support the scrotum for at least 4 weeks, Ideally 6.
The timeline below is just a guide, if things are sore or not progressing quickly BE CONSERVATIVE and take it slow. Contact us if you have any concerns.

First 72 hours

- Take it very easy. Walking is ok but avoid any exercise, straining, lifting or work
- Make sure bowel motions are soft and easy to pass, use softeners as needed
- Continue regular pain killers to prevent wound pain

72 hours to 2 weeks

- Avoid driving, exercise or straining
- Avoid anything that puts direct pressure on the groin or scrotum (including sex)
- Light walking and return to non physical (desk job) work is ok
- Use pain killers as needed

2-6 Weeks

- Return to driving if comfortable
- Return to moderately physical work (with tight underwear for scrotal support)
- Avoid heavy straining or direct pressure on the groin or scrotum (including sex)
- Your postop check will usually be at 6 weeks