



Post-Surgical Instructions - Scrotal Surgery

Wound care

Dressing

The dressing may come off by itself. Remove it in the shower if it is still on after 48 hours.

Stitches

The stitches are dissolvable and do not need to be removed. They may be visible or under the skin.

Washing

Shower twice a day - morning and night.

Wash as normal in the shower, but be gentle with the scrotum. Avoid directly rubbing it.

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 or Bleeding

A slight redness and elevation of the wound is normal.

Some bruising on the skin near the wound is normal.

Some 'spot' bleeding from the wound is normal for a week or two.

Contact us (1800 487 656) if you notice any of the following signs

- Increasing/spreading redness
- Increasing warmth to the touch
- Worsening pain
- Purulent ooze
- Fevers, sweats
- Tense swelling of the scrotum, or bruising extending into the groin

Activity

Wear tight underwear to support the scrotum for 4-6 weeks.

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.
- Use pain killers as needed.

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.