

Post-Operative Care Instructions: Hydrocele or Epididymal Cyst Surgery

What to expect:

- Bruising may be noticeable on the skin; you may take paracetamol or ibuprofen for discomfort
- There may be some bleeding at the wound site; you may wear a light pad in the underwear if necessary
- Swelling may persist for a number of weeks following the procedure

Return to activity:

- Driving – no driving for one week and until you are pain free
- Work - you will require some time off work; the duration will depend on your occupation. Generally, you may return to light duties after a week
- Lifting – avoid heavy lifting for at least 2 weeks following your procedure to avoid bleeding
- Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity for a week following your procedure
- Sex – avoid for 2 weeks
- You may shower after 24 hours but avoid soaking in the bath for at least one week
- Keep your wound dry and clean

Pain Management:

Scrotal discomfort will usually resolve in 1-2 weeks following the procedure. We suggest that you wear supportive underwear to help minimize swelling. You may take ibuprofen or paracetamol if you are experiencing discomfort.

FAQ:

Do my sutures need to be removed?

The suture material that is used to close the wound is dissolvable, but this will take a number of weeks

Head to your nearest hospital emergency room if:

- You have progressive bruising or swelling (this is uncommon, but may indicate bleeding)
- Fevers, chills or shakes (may indicate infection)
- You have pain that cannot be controlled with medication

Follow-Up Information:

Our rooms will arrange a follow-up appointment with your urologist typically 6-8 weeks after the procedure.

Contact Information:

If you have any questions or concerns that are not addressed here or in the procedure information available on our website melbourneurologycentre.com.au contact our rooms on 1300 702 811 or reception@urodoc.com.au