

Orchiopexy: Post-Operative Care

1. It is likely that you will have some discomfort for the first two to three weeks after surgery. At the time of discharge from the hospital, you will have been given a prescription for pain medication. When taking pain medication, be careful as you walk or climb stairs. Dizziness is not unusual.
2. Swelling and bruising of the scrotum is normal and will take about three weeks to completely resolve. Applying an ice pack to the incision for 48 hours will help to decrease pain and swelling
3. A small amount of bright red blood showing through the gauze dressing is to be expected. **Do not be alarmed.** If you feel that the amount is excessive, call my office. You may replace bloody bandages with clean ones.
4. Do not make any important judgment decisions for 24 hours after anesthesia.
5. A low-grade fever (to 101o) is common 2 – 3 days post-operatively. This fever can be lessened by coughing, deep breathing and walking.
6. You should shower 48 hours after surgery. Before showering, remove the scrotal supporter and gauze dressings.
7. You should shower every day until you return to see Dr. Goldstein. Do not take tub baths for at least one week after surgery.
8. Do not return to work for one week post-operatively. If, however, your job involves only desk work and light activity, you may return 3 or 4 days after the surgery.
9. No sexual intercourse is allowed for one week post-operatively.
10. **No heavy work, strenuous exercise or sports are allowed for 3 weeks post-operatively.**
11. Thereafter, you may resume normal activities as you feel up to it.
12. Remember that your pain medication may cause constipation. To avoid straining, increase your fiber intake (fruits, vegetables, whole grains, figs, etc.) and drink lots of water. If necessary, you can take 2 tablespoons of Milk of Magnesia at bedtime. You may also take Colace (stool softener) while you are taking the pain medication.
13. There are no sutures to be removed. The stitching is beneath the skin and dissolves.
14. **Follow-up visit:** As soon as possible you should call to make an appointment to see Dr. Goldstien one month after surgery.

**If you have any questions, please feel free to call our office.**