

## **INSTRUCTIONS FOR VARICOCELECTOMY**

**Academic Urology-Pottstown/Phoenixville**

**Day time phone: 610.323.5550 (Pottstown) or 610.935.9010 (Phoenixville)**

**Emergency Phone after 5 pm 610.792.2871**

### **NATURE OF THE PROCEDURE**

A varicocelectomy involves the tying or ligating the veins that drain the scrotal sac. A small opening is made in the groin or the inguinal area. The operation can be done under local anesthesia with sedation, spinal, or general anesthesia.

### **INSTRUCTIONS PRIOR TO SCROTAL PROCEDURE**

Do not eat or drink anything including water after midnight the evening prior to the operation. Do not smoke for at least 12 hours before or after the procedure and do not drink alcohol 24 hours prior to the procedure. Do not take aspirin or any aspirin-containing products or drugs containing Ibuprofen for 10 days prior to the scheduled treatment. You can take Tylenol or ask your physician for recommendations. If you are taking anti-coagulants such as Coumadin, please consult with your physician, as this medication may need to be discontinued 5 days prior to the procedure. If you have had x-rays taken at institutions other than the hospital at which you are having your procedure performed, please check with our office scheduling staff to determine whether you need to bring them with you the day of the procedure. Leave all valuables at home and wear comfortable clothing. If you have HMO insurance, it is your responsibility to obtain referrals from your primary care physician.

### **DAY OF THE PROCEDURE**

After the procedure is performed, a dressing will be found in the groin area and it should be kept dry. The dressing sometimes consists as a small transparent adhesive dressing or a "Bandaid" like dressing.

### **AFTER THE PROCEDURE**

If you have a small transparent adhesive dressing, it should be left alone for 10 days. After 10 days it can be peeled off. If you have a Bandaid like dressing or taped on gauze then you can remove the dressing the next day. In most cases you can shower the next day. You should refrain from any tub baths for approximately 10 days. Soreness and a little purplish discoloration in the wound area is not uncommon. For mild discomfort we suggest you take Tylenol or Ibuprofen (no Aspirin), and for more significant pain we may provide you with a prescription that contains a narcotic such as Percocet or Tylenol with Codiene. We recommend that you do not do heavy lifting or exercise for 2 weeks after the procedure. Talk to your surgeon regarding how much time to take off from school, gym or work (time off can range between 2 to 7 or more days depending on the level activity). You are advised to call us if you experience increasing pain not controlled with rest and medications, or worsening tenderness & redness in the wound which can be a sign of infection.

**FOLLOW-UP APPOINTMENTS AND POSSIBLE STUDIES NEEDED**

Call 610.323.5550 (Pottstown office) or 610.935.9010 (Phoenixville office) to schedule an appointment to:

\_\_\_ see Dr. Rose Leech Moreno Kabler or Kalra in \_\_\_ day(s) or \_\_\_ week(s)

**MEDICATIONS**

- Take \_\_\_ Levaquin one daily until finished.
- \_\_\_ Duricef twice daily until finished
- \_\_\_ Vicodin one to two every 4 hours as needed for pain.
- \_\_\_ Percocet one to two every 4 hours as needed for pain.
- \_\_\_ Tylenol with codeine elixir
- \_\_\_ Cipro as directed

Regarding Spinal Anesthesia: If you develop a headache specifically after **SPINAL ANESTHESIA**, we recommend drinking more fluids, a caffeinated beverage (ie coffee, coke) and bed rest. If this does not relieve your “spinal headache” you must contact the hospital anesthesiologist on call.

Pottstown Hospital (610) 327-7000  
Phoenixville Hospital (610) 983-1000