

Scrotal Surgery

Patient Information – Urology Service

Care at home instructions following scrotal surgery

Hydrocele / varicocele / orchidectomy / orchidopexy / epididymal cysts

- Following discharge, it is advisable that you rest for the first 12-24 hours.
- Keep your wound clean and dry for 24 hours, then you may shower or bath.
- Leave the mifix (white dressing) that is on your wound in place as it will dry naturally. If you have no dressing, just dry the wound gently.
- You can remove the mifix dressing (if present) after seven days.
- Bruising and swelling is common and will disappear after a couple of weeks.
- You will have stitches in the wound, but they are dissolvable. There is no need for them to be removed.
- It is advisable to wear supportive underwear to reduce discomfort and strain on the wound.
- Avoid wearing constrictive clothing.
- You can eat and drink as normal but avoid constipation.
- If the wound appears swollen, red and painful, or has a discharge, this may indicate a wound infection. Please contact your GP immediately.
- If there is any severe bleeding that you cannot stop, please visit the Emergency Department at Christchurch or Ashburton Hospital.
- If excessive swelling occurs, place a clean dry cloth over the swollen area and put an icepack on top.
- If severe swelling continues to increase after 30 minutes of the icepack treatment, please contact your GP immediately or visit the Emergency Department at Christchurch or Ashburton Hospital.

Returning to work

You can return to work when you feel comfortable to do so.

No heavy lifting, contact sports, or bike riding for two weeks after the surgery, as this puts strain on the wound and will be uncomfortable.

Contact information

For more information about:

- Hospital and specialist services, go to www.cdhb.health.nz
- Your health and medication, go to www.healthinfo.org.nz

For information on parking, how to get to the hospital, and visiting hours, please visit www.cdhb.health.nz