

## Micro-Cryoablation of the Peri-Spermatic Cord Pre & Post-Op Instructions

### Pre-Procedure Instructions

- Eat normally the night before surgery. Withhold all food and drink after midnight and on the morning of surgery. You may take your regular medications with a small sip of water early in the morning.
- Do not take any aspirin, any blood thinners (coumadin, plavix, etc), any fish oil, and vitamin E for at least 7 days prior to the procedure, as these medications may cause bleeding and complications.
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### Post-Procedure Instructions

#### Travel

- You will be discharged the same day of your surgery (it is an outpatient surgery)
- You **MUST** have someone drive you home after your procedure (either a friend/family member or you must pre-arrange to have one of our nursing services to pick you up after your surgery if you are coming alone)

#### Clothing

- Wear loose, comfortable clothing for your return home

#### Return to Work and Activities

- Please arrange to be off from work and on bed rest for 1-2 days after surgery to allow for optimum healing and recovery
- Restrict lifting no more than ten (10) pounds for two (2) weeks following surgery
- Ease into your regular activities as tolerated
- Please avoid aggressive sports or activities for 2 weeks after surgery

#### Eating and Drinking

- You may drink fluids that evening, but may not really be up to eating a meal. Ease into solid foods over 1-2 days after surgery. You may get nauseous just from the anesthesia that first night.
- Take a tablespoon of milk of magnesia every day for the first week after surgery to avoid constipation

#### Sexual Activity

- No masturbation or intercourse for two (2) weeks after surgery. Having wet-dreams or night erections or spontaneously ejaculating does not cause any damage and is fine, just try to avoid active stimulation
- After 2 weeks, you may resume normal intercourse or masturbation



#### Cleanliness and care of surgical area

- Please wear the provided scrotal support or any sports briefs with some support for one-two (1-2) weeks after the operation (you may wear it longer if you like). We also recommend elevating and applying an ice pack to the scrotum (up to 20 minutes, 3-4 times per day) when resting for the first 1-2 weeks. You may continue this regime if additional comfort is needed
- After your operation, you may remove the dressings from your jock support the morning after the surgery. You do not need to reapply any dressings to the wound
- You may shower the day after surgery, but do not scrub the incision site and pat dry the incision and surrounding areas. You may also resume normal hygienic care, fixing light meals, etc. No tub-bathing or swimming for one (1) week after surgery

#### Things that can happen Post-Op

- It is normal to have mild discomfort or pain, swelling and inflammation. The testicle or groin can swell up to the size of a tennis ball. This should resolve after a few weeks. If pain, swelling or inflammation worsens, please call us
- In some rare instances, patients may experience difficulty urinating the first night after surgery - this may be a side effect of the anesthetics and usually will resolve by the next day. If you cannot urinate for more the 6-8 hours after surgery and feel the strong urge - please call us and come back to the South Lake Hospital Emergency Room to be evaluated (to possibly have a urinary catheter placed).

#### Medications

- We work with Clermont Community Pharmacy to get your prescriptions delivered to you in the recovery room after your surgery. In order to facilitate this, the pharmacy will contact you a few days before surgery to go over your insurance and go over your meds. We usually prescribe an antibiotic that you will take for a few days after surgery, a narcotic pain medication (please take as little of this as possible), an anti-inflammatory medication and a nerve stabilizing medication (gabapentin - this medication can make you feel lethargic - if you have a lot of side-effects - you may just take this once a day or stop it completely). **Do not take any other drugs besides the ones that are prescribed to you without talking to your doctor**

#### Follow Up

- Contact us if any of the following develop: increasing pain that is not responding to the pain meds, swelling or redness to scrotum that is continuing to worsen over several days, fever, chills, nausea, vomiting
- Please make sure that you have a follow up visit (or phone/skype follow up) with your surgeon 3-4 weeks after surgery.

