

Spermatic Cord Block 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.

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 day after surgery to allow for optimum healing and recovery
- Restrict lifting no more than ten (10) pounds for one (1) week following surgery
- Ease into your regular activities as tolerated
- Please avoid aggressive sports or activities for 1 week 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 one (1) week 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 1 week, 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
- You may shower the day after surgery. You may also resume normal hygienic care, fixing light meals, etc. You may resume tub-bathing or swimming 2 days 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 2-4 weeks after surgery.

