

Follow Up Instructions

- ❖ Make an appointment to see Dr. _____
In _____.
- ❖ Call _____ to make your appointment.
- ❖ If you have any questions, never hesitate to call your doctor.

Other Special Instructions: _____

Lake of the Woods District Hospital

21 Sylvan Street
Kenora, Ontario
P9N 3W7

Telephone (807) 468-9861

**DISCHARGE
INSTRUCTIONS
following
SCROTAL SURGERY**

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

Thank you for helping us ensure quality care.



Activity

- ❖ Avoid heavy lifting (over 10 pounds) for 2 weeks.
- ❖ Avoid sexual activity for 2 weeks.
- ❖ Your doctor will advise you when it's time to return to work.

Incision and Dressing Care

- ❖ If you have a dressing, it may be removed in five days.
- ❖ Keep your incision clean and dry.
- ❖ You may **sponge bath only** for three to four days post-op. Pat the incision dry afterwards. No showers or tub baths.

What to Watch For

- ❖ **BLEEDING:** You may have a small amount of dark red or brownish red drainage from the incision for a few hours after surgery. If this continues or becomes bright red, you must contact your doctor.
- ❖ **BLEEDING UNDER THE SKIN:** You may have bleeding which collects under the skin. This looks like dark blueish swelling. If this happens, you must contact your doctor.
- ❖ **SWELLING:** It is normal to have some swelling. Apply a covered ice pack every two hours for 20 minutes to help reduce swelling. Your doctor will advise you if you should wear a scrotal support.
- ❖ **INFECTION:** check for signs of infection: fever and/or chills (38°C or 100°F), redness, warmer than normal to touch, increased swelling, increased pain, and/or foul drainage. If any of these occur, you must contact your doctor.
- ❖ **PAIN:** Your doctor will advise you what medications to use. Ice packs applied as above will also help relieve discomfort.

If you have been given anesthesia or sedation

- ❖ Do not drive or operate machinery for 24 hours.
- ❖ Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
- ❖ Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
- ❖ Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours after your procedure.
- ❖ **You must have a responsible adult stay with you tonight.**

Go to an Emergency Department if any of the following occurs:

- ❖ Persistent nausea or vomiting not relieved by over-the-counter medications
- ❖ Persistent pain, not relieved by prescribed medications
- ❖ Redness, swelling, or drainage of pus from the incision
- ❖ Fever and/or chills (38°C or 100°F)
- ❖ Bladder difficulties

These instructions are intended as a guide.

If you have any questions or concerns, please contact our Surgical Day Care Unit at 807-468-9861 ext 2223, or the Ministry of Health at 1-888-797-0000, or go to the nearest Emergency Department.