

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.

Lake of the Woods District Hospital

21 Sylvan Street

Kenora, Ontario

P9N 3W7

Telephone (807)468-9861 Fax (807)468-3939

**DISCHARGE
INSTRUCTIONS
FOR
SPERMATOCELE**

1. You should consume a diet high in protein to promote healing (unless on a restricted or special diet).
2. You may shower or bathe but a shower is preferable for the first 5 days.
3. Sutures will dissolve.
4. Resume medications as on prior to surgery unless otherwise instructed.
5. Take your prescribed pain medication (every 4 hours, if needed) for discomfort.
6. You may tire easily so take it easy for the next few days.
7. Loose fitting underclothing should be worn to prevent friction against the scrotum.
8. There may be a small amount of drainage from the area until healing is complete. A small gauze pad can be placed in your underwear against the incision.
9. You should avoid heavy lifting or strenuous exercise for _____ to prevent excessive swelling and tenderness.
10. You may resume sexual intercourse when discomfort subsides.
11. Discuss when you will be able to return to work with your doctor.

12. If you have been given sedation (intravenous medication):
 Sedative and narcotic medicines given during your procedure may linger for hours. Thus, you may notice some drowsiness during the remainder of the day. For this reason, it is essential that a companion drive you home or accompany you if you plan to take a taxi or public transportation. You should not drive today or operate machinery. You should not plan any activities that require complex thought or coordination today. Do not drink alcohol or take sedative medicines during the next 24 hours.

13. Notify your doctor or come to Emergency if any of the following occur:
 - Excessive pain
 - Unusual bleeding
 - Redness, swelling or drainage of pus from incision
 - Elevated temperature over 100F (38C)
 - Bladder difficulties
 - Persistent nausea or vomiting

14. Make an appointment to see Dr. _____
 in _____ Phone number _____

**** If you have any questions do not hesitate to call your doctor ****

Special Instructions: _____

