What to look out for
If you experience any problems, for example:
• continued or increased swelling
• increased pain or discomfort
contact your GP or nearest Accident and Emergency department. They will be able to assess the wound site to ensure there is no infection or collection of blood below the wound.

Where can I get more information?
NHS Direct
Telephone: 0845 46 47
Website: www.nhsdirect.nhs.uk

UCL Hospitals cannot accept responsibility for information provided by external organisations.

Acknowledgements
Information in this leaflet is based on that available from CancerBacup.

Contact details
PA to Mr Ralph/Christopher
Telephone: 020 3447 9190
PA to Mr Minhas/Muneer
Telephone: 020 3447 9280

University College Hospital
Address: 235 Euston Road
London, NW1 2BU
Switchboard: 0845 155 5000
020 3456 7890
Website: www.uclh.nhs.uk

Please contact your team if you have any questions.

Out of hours, please contact your GP or nearest Accident & Emergency Department.

If you need a large print, audio or translated copy of this document, please contact us on 0845 155 5000 or 020 3456 7890, ext 79190. We will try our best to meet your needs.
**Introduction**

Your surgeon may have recommended surgery to the scrotum or its contents for your particular problem. This is usually done under general anaesthetic as a day case. The scrotum is the sack of skin which covers and holds your testicles.

**After the procedure**

**What you should not do**

For the first 24 hours you must not:

- Drive a car
- Drink alcohol
- Operate machinery
- Lift heavy objects, do gardening or go for long walks
- Have a shower or bath
- Have sexual relations
- Sign documents/make important decisions
- Return to work

**What you should do:**

For the first 24 hours you should:

- Rest quietly at home
- Take painkillers as needed
- Wear supportive underwear
- Eat normally but drink plenty of fluids (at least three to four pints of fluid e.g. water, fruit juice, tea or coffee)
- Take care when using electrical appliances—your co-ordination may be affected.

**Risks and complications**

- Infection in the wound site
- Swelling and bruising of the scrotum and penis
- Collection of blood under the wound (haematoma).

**General advice**

Most stitches used in this type of surgery are dissolvable. The nurses or the medical staff will inform you if they are not, you will receive an appointment with the nurse practitioner to have the stitches removed.

There may be some bruising and swelling of the scrotal area, wearing supporting underwear, such as a pad and pants may help reduce the swelling. Alternatively, you may be discharged with a scrotal support. The bruising and swelling will lessen with time (approximately two to four weeks after surgery).

You may have a shower two days after the operation. It is important to shower at least once daily following this surgery. You may have a bath two weeks following surgery. This will allow the wound to heal should the stitches be dissolvable.

The wound area will be tender and possibly sore for a week or two after the operation. Mild painkillers such as paracetamol and ibuprofen will help ease the pain.

You should take at least one week off from your work, or return when the wound area feels comfortable. The nursing staff can provide you with a sick certificate. Please ask them to issue one.

It is advisable to refrain from sexual intercourse for a number of weeks depending on the type of surgery and then you should resume only if the wound site feels comfortable. Your medical team will advise you.

You will receive an outpatient appointment _______________ weeks following discharge to check that the wound site has healed and that you have recovered from the operation.

**Specific wound advice**

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