

Urology Associates of Rochester

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Dear Pat FName :

Your Varicocelelectomy is scheduled at:

on

The hospital/surgical center will notify you of your arrival time for your procedure. Your pre-surgical testing is scheduled at your/the .

Varicocelelectomy is a surgical procedure that ligate's the varicose veins surrounding the testes.

PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW

1. You will be admitted to the hospital the day of your surgery. You will be discharged when you are fully awake, alert, and taking fluids by mouth. Usually it is about two hours after your surgery.
2. If you are on **Coumadin, Plavix, or Aspirin** for coronary stents, you **must consult your Cardiologist or Primary Care Physician** for management and proper discontinuation of drug prior to your surgery. If you are on **Aspirin or Aspirin Products** for preventative measures, or drugs for **Arthritis or Inflammation**, please discontinue one week before the procedure. If you are on **Herbal Supplements** (anything that is not prescribed by a physician), please discontinue one week before the procedure.
3. If you take blood pressure, thyroid, or seizure medication, **please follow the instructions given to you at your Pre-Operative appointment on how to take these the day of your procedure.**
4. No eating or drinking after midnight the night before your surgery except for blood pressure or other medications as mentioned above.
5. No alcohol 24 hours prior to surgery.
6. You will be receiving anesthesia for your procedure and will meet with an anesthesiologist prior to surgery. **You are unable to drive, drink alcohol or sign legal documents for 24 hours after receiving anesthesia.**

RECOVERING FROM SURGERY: WHAT TO EXPECT:

1. You may experience some mild swelling around the testicles, this is normal.

INSTRUCTIONS: POST VARICOCELECTOMY

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

1. Do not lift anything heavier than 10lbs for 4 weeks.
2. It is okay to shower. **No bathing** until seen by the doctor.
3. It is okay to climb stairs when discharged from the hospital.
4. Walking is good exercise, which improves circulation. Do not over do it! ~~Go easy at first and slowly increase the distance, as you feel better.~~
5. Avoid any heavy lifting or strenuous exercise for 3 - 4 weeks.

DRIVING: You are able to drive the day after your procedure if you feel okay and are not taking any pain medications.

MEDICATIONS: Please refer to the surgery medication list provided.

INCISION SITE: Observe the incision daily. Some redness and drainage at the incision site is normal. If you notice any increased redness, increased tenderness, purulent (puss like) drainage from the incision, and/or develop fever and chills, please call the office.

1. You may be discharged from the hospital with a dressing over the incision. It is okay to remove the dressing 24 - 48 hours after the surgery. There may be cloth adhesive strips left in place for one week after your surgery.

2. Apply ice to the dressing for 24 hours.
3. Wear the scrotal support for 1 - 2 weeks.

SEXUAL ACTIVITY: **No sexual activity until seen in the office by the physician.**

FOLLOW-UP: Your follow up appointment is scheduled for N DShort at N Time in our N Loc Name office.

Please note: You will need to report to the office 10 minutes prior to your scheduled appointment time.

If you have any questions or concerns, please call us at (585)232-2980.