

Varicocele Repair

Postoperative Instructions

A varicocele is due to abnormal valves of the testicular veins, which leads to dilation or varicosity of the scrotal veins. This has an adverse effect upon the testes because warm blood from the abdomen raises testicular temperature. The purpose of a varicocele repair is to ligate (tie off) these abnormal veins.

You have just undergone an extensive and delicate procedure to repair the varicocele. Although this is not a medically serious procedure, the testes are very tender and there can be significant discomfort following this surgery. The following instructions are intended to reduce your discomfort and answer many common questions. However, do not hesitate to contact me at 410-955-3617 should you have any further questions or if problems arise. For medical issues occurring non-business hours (and you feel it is vital that you speak to a physician) please call 410-955-6070 and ask the operator to page the Urology Resident on call.

- Use an ice pack to the scrotum for the first 24 hours.
- Take your pain medicine as needed and contact me if you need more.
- You may resume full activities (climbing stairs, driving, etc.) as tolerated after 24 hours.
- No sexual activity for 10 days.
- You may eat regular food the night of your surgery.
- No showers or bathing for 48 hours.
- Mild bleeding from the incision sites is normal. Lying down and applying mild pressure onto the incision will stop the bleeding. Please contact my office immediately if you experience more significant bleeding.
- Leave the athletic supporter on for 48 hours and continue wearing it as long as it makes you feel more comfortable.
- The sutures are dissolvable and do not need to be removed.
- A modest amount of drainage from the incisions is normal. Please call me if you think it is excessive or if you are concerned about infection.
- A follow up office visit for a wound check is optional at 10 days after your surgery. Please call my office to arrange this, 410-955-6100.
- Follow up semen analysis is performed at three to four months following your surgery.
- It may take up to six months before improvement in semen parameters is observed.