**PERIOPERATIVE SERVICES**

**Post-Operative Instructions**

**Radical Orchiectomy**

**PAIN:**

You may experience some discomfort after your surgery. For mild to moderate discomfort you may wish to take Acetaminophen (Tylenol™) or Ibuprofen (Advil™). Your surgeon may have given you a prescription for pain medication. Please take your pain medication as instructed.

**OPERATIVE SITE:**

Incisions are closed with dissolvable stitches which do not need to be removed.

**ACTIVITY:**

Frequent rest periods for 1 week will help to prevent swelling and bleeding. Regular low intensity activity such as walking is beneficial in preventing post-operative complications such as blood clots and pneumonia. You may shower the day after surgery using warm water (avoid excessive hot water temperature). Re-apply dressings and scrotal support/or underwear afterwards. No heavy lifting (greater than 10 pounds or 4.5 kgs) for 4- 6 weeks. This weight is like a full grocery bag, or a small baby. You may resume sexual intercourse when you feel comfortable. Speak with your surgeon as to when you when you can return to work depending on your type of job.

**DIET:**

Resume your regular diet the day after surgery. Increase the amount of fiber in your diet and drink plenty of fluids to avoid constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat). You may also purchase an over the counter mild laxative like RestoraLAX™ if needed.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**FOLLOW UP:**

You will be advised about your follow up appointment the day of surgery or contact your surgeon’s office about a follow-up appointment. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

**ADDITIONAL INFORMATION:**

**Do not take any medication containing blood thinners or Aspirin™ (ASA) after surgery until advised by your surgeon as this could cause bleeding.**

You may resume all other prescribed medications you were taking prior to surgery, unless you have been told otherwise.

**Call your surgeon or go to the nearest Emergency Department if you have any of the following:**

1. Severe pain not controlled by medication.

2. Elevated temperature (38’C or 100.4’ F) greater than 24 hours

3. Large amount of bleeding.

4. Foul smelling (yellow-green) discharge from operative site.

5. Significant swelling and or redness around the incision.

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same." Clean hands save lives.