



Patient Instructions

Epididymectomy

The surgical removal of the epididymis is called an epididymectomy. This procedure is done when there is inflammation or infection of the epididymis known as epididymitis. The epididymis is a long coiled tube attached to the upper part of each testicle where the sperm matures and are stored before ejaculation.

After your surgery, your physical activity should be restricted for the first 48 hours. You should avoid heavy lifting (anything greater than 15 pounds) during the first 7-10 days following surgery. If you work, ask your doctor specifically about any restrictions.

You will have stitches in your scrotum. Your incision might be covered with a dressing, an athletic supporter will be on over the dressing to put pressure on the area to help control swelling and bleeding. Please take the athletic supporter and dressing off to urinate and then replace the athletic supporter and dressing after you are done urinating. You may shower the day following surgery, but avoid scrubbing the area of your incision. Dry the area well after your shower. No tub baths, or hot tubs. No intercourse until ok'd by your doctor.

Do not be surprised if there is mild testicular swelling and pain on the same side that the surgery was performed. This is quite typical following surgery, and may last 4 to 6 weeks. Ice packs for 24 hours post-operative may help with swelling and pain (on for 15 minutes and then off for 15 minutes). Do not place ice directly on the skin.

Please call 249-3900 and ask to speak to your doctor's triage nurse if you have any problems or questions.