



Patient Instructions

Varicocelectomy

A varicocelectomy is a surgical procedure performed under general anesthesia to remove a varicocele. A varicocele is a dilated (enlarged) group of veins in the scrotum. Just like some people have dilated or "varicose" veins in their legs, some men have dilated veins in their scrotum.

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 an abdominal incision. In most cases the incision will be covered with a dressing. You will be able to shower the second day following surgery, but avoid scrubbing the area of your incision. Please leave the dressing on until your follow up appointment with your doctor. No tub baths until after your follow up appointment with 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 actually last 4 to 6 weeks following surgery. Your doctor will give you a prescription for a pain medication. You may use ice packs (on 15 minutes, off 15 minutes) to help reduce swelling and pain. Please do not place the ice packs directly on your skin.

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