



Are there any diet restrictions?

- Return to your same diet as before surgery
- Avoid constipation by drinking plenty of water and caffeine-free fluids.
Take stool softener while you are taking prescribed pain medication

When can I go back to normal activities?

- Do not lift, push, or pull anything greater than 10-15 pounds for 4-6 weeks. This includes strenuous activities such as vacuuming, lifting children, groceries, laundry, moving furniture, mowing lawns and sports activities.
- No driving if you are taking narcotic pain medications. You may ride as a passenger.
- If you are not taking narcotic pain medications, you may drive after the first week.
- Walk as much as tolerated. You may climb stairs in moderation.
- Resume sexual activity as discussed at your first post-op visit.

How will I care for my incision?

- You may have skin glue or a gauze dressing. In general, skin glue will peel off on its own and does not require any care. If you have a gauze dressing, remove the dressing after 48 hours, or as instructed by your surgeon.
- You may shower; gently wash incisions and pat dry. Leave open to the air and dry. No tub baths, hot tubs, or swimming until the incisions are completely healed
- Steri-strips may be present. These will fall off in about 1-2 weeks. Do not pull off earlier

How I manage my pain at home?

- Your incisions may be sensitive and numb following surgery
- To reduce pain and swelling in the groin or scrotum you may apply ice packs to the groin area (we suggest-bag of frozen peas or corn). Do not apply ice

packs directly to the skin. Cover with a towel and apply for only 15 minutes at a time

- Alternate between acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) as your first line therapy to manage your pain. (Unless you are unable to take one of those medications for health reasons.)
 - Take your pain medication at regular intervals, about every 4-6 hours for the best pain control. This will prevent pain build-up that may occur. Your doctor may prescribe a narcotic pain medication, which should only be taken on an as-needed basis on top of the acetaminophen and ibuprofen. Use only as much prescription pain medications as you need.
- Taper off the use of prescription pain medication by using acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) as pain decreases several days after surgery
- Do not drink alcohol or drive while taking narcotic pain medication

When should I call my doctor?

Call if you have any of the signs and symptoms that may indicate an infection:

- Temperature above 101°F
- Significant increase in wound pain or discomfort
- Excessive redness, swelling, or drainage from the incision sites. It is normal to have scrotal swelling and bruising
- The incisions begin to open

Call if you have any changes in your overall health such as having:

- Nausea
- Vomiting
- Chills
- profuse (excessive) sweating
- diarrhea
- constipation
- inability to urinate or completely empty bladder

What is the number to call?

- On weekdays contact the General Surgery Call Center at (734)-936-5738 (Monday - Friday, 8am –5 PM)
- For afterhours calls you still can call the General Surgery Call Center at: (734) 936-5738. They will connect you with your surgery team. If you had your surgery at St. Joseph Mercy Chelsea Hospital, please make sure to mention this.

What is my follow-up care?

- You will return to the clinic for your follow-up visit about two weeks after surgery. If you have not already received an appointment, one will be arranged for you and you will be notified by mail.

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