VAJECTOMY DISCHARGE INSTRUCTIONS

We hope that your recovery continues uneventfully at home. Please review and follow the instructions below in addition to any specific instructions that you may have received from your surgeon. It is not unusual to feel tired or drowsy after surgery. You should have someone with you for the first 24 hours after you return home. You may also experience a mild headache, muscle aches, or slight nausea after surgery. These symptoms should resolve after a day or two.

ACTIVITY:

- Rest quietly for the remainder of the day.
- You may not drive for 24 hours after anesthesia or at any time that you are taking narcotic pain medications. You also should not operate any machinery or make any important decisions during this time.
- No lifting anything over 5-10 lbs for a week and you may resume normal activity in a week.
- Refrain from submerging in water for a week (ex: swimming, hot tubs, bath tubs).
- You may resume exercise within a week.

DIET:

- For today, eat lightly; Start with fluids and increase your diet as tolerated. Drink plenty of fluids.
- You should not drink any alcoholic beverages for the next 24 hours.

WOUND AND BANDAGE CARE:

- Keep your bandage dry; you may remove it tomorrow, the suture will dissolve on their own.
- You may shower in 1 day.
- Wear tight fitting underwear or a jock strap to help relieve discomfort. Use a rolled wash cloth to help elevate the scrotum for 3-5 days until discomfort is relieved.

MEDICATIONS:

- Take all medications only as directed. Most pain medications are better tolerated if taken with food. If you are taking an antibiotic, please be sure to finish the prescription.
- You may resume your regular medications.

SPECIAL INSTRUCTIONS:

- Keep ice on the scrotum on top of a towel (not on direct skin) for 8-10 minutes out of every 30 minutes while awake for the next 24-48 hours.
- No sexual activity for 3 days to allow healing.
- You are still considered fertile until your semen analysis is clear. (Use another form of birth control).
- Produce a semen sample in eight weeks (2 months) 15-18 ejaculations; refrain from ejaculation for 72 hours prior to producing the lab sample.
- Call the Stephanie Spielman Breast Center to schedule a sample drop off appointment: at (614) 688-7298.
- Place specimen in the labeled cup provided and take to the scheduled sample drop off appointment at the Stephanie Spielman Breast Center within 1 hour of specimen production.

NOTIFY YOUR SURGEON IF YOU:

- Develop severe pain that your pain medication does not relieve
- Have persistent nausea and vomiting
- Develop a fever over 101 degrees
- Bleed excessively (enough that your bandage is saturated and you cannot stop the bleeding by applying pressure for 10 minutes)
- Develop signs of infection at your incision site (redness, increased tenderness, swelling, or a foul odor or discharge)

If you should experience any problems that you feel warrant the attention of a physician and you cannot reach your surgeon through his/her office or answering service, please go to the Emergency Room which is closest to you.

The above discharge instructions have been received and understood by me:

____________________________  ______________________________  __________
Signature                             Relationship to Patient          Date

____________________________  ______________________________
Signature of Nurse Reviewing Instructions          Date

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