

## Microsurgical Varicocelelectomy

Varicoceles are abnormally enlarged veins draining the testicle (like varicose veins of the legs). They are more common on the left side. Varicoceles are associated with pooling of blood in the scrotum, abnormalities of blood flow to the testicles, and changes in the temperature of the testicles that can have an adverse effect on sperm production and function. Surgical varicocele repair (varicocelelectomy) can halt further deterioration of sperm production and will often improve sperm quality to fertile levels. By performing this procedure with the aid of an operating microscope, we have virtually eliminated complications such as recurrent varicocele, hydrocele, or injury to the testis.

### Pre-operative Preparation:

- For any elective surgery, you should be in the best possible health. It is important to let our office know if you have any health problems that may require consultation with an internist prior to your procedure.
- Avoid aspirin and aspirin like products such as Motrin, Advil, Alka-Seltzer, etc, one week prior to surgery, as they may thin your blood and cause additional bleeding; please see attached list.
- Pre-operative requirements such as blood work and/or EKG must be performed within 1 month of surgery.
- The varicocelelectomy will take 45-60 minutes per side. Additional time is needed to administer anesthesia.
- You will be discharged from the hospital the same day and must be accompanied home by an adult. You should not drive, however may travel by car, train, or plane.
- Please wear loose, comfortable clothing and please leave valuables home.

### Post-operative Instructions:

- A small amount of blood on the incisional dressing is expected. If you feel the amount of blood is excessive, please phone the office.
- A scrotal support and ice pack will be applied following surgery to reduce pain and swelling. Please leave in place for the initial 48 hours, changing the ice pack as needed.
- After 48 hours you may remove the dressing and scrotal support. You may shower, not bathe, and pat dry the incision, careful to not remove the steri-strips, which may be removed after 2 weeks.
- Continue to take Celebrex 200mg twice daily and Vicodin as needed. When taking pain medication, please use caution when walking and climbing stairs. It is not unusual to experience dizziness. Do not drive or operate heavy machinery when taking pain medication.

-It is recommended that you return to work in one week following surgery. If your job involves desk work and/or light duty, you may return in 3-4 days. You will likely experience discomfort for 2-3 weeks following surgery. You may slowly resume normal activities. Please do not have sexual activity for 2 weeks and/or engage in heavy lifting or sports for 3 weeks.

-A Scrotal support/athletic supporter or snug jockey shorts should be worn for 3 weeks after surgery. Only remove to shower and then reapply.

-You may experience a low grade fever, 100 degrees, during the first 2-3 days following surgery. Please remember to take deep breaths, cough, and walk.

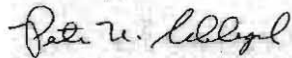
-You may have bruising at the base of the penis, this will fade in 3-4 weeks. You may also feel a ridge under the incision. This ridge is the point where the tissue was joined. It will gradually soften and flatten.

**Follow-up:**

Please phone the office and make an appointment to see Dr. Schlegel in 1 month. You should have a semen analysis 3 and 6 months after surgery. If the analysis is performed elsewhere, please have results forwarded to the office.

If you have any question, concerns, or problems, please feel free to contact the office.

Sincerely,

A handwritten signature in cursive script, appearing to read "Peter N. Schlegel".

Peter N. Schlegel, M.D.  
Professor & Chairman,  
Department of Urology

**NEWYORK-PRESBYTERIAN HOSPITAL**

New York Weill Cornell Medical Center



49174

**Discharge Instructions  
Ambulatory Surgery Center**

IF NO PLATE, PRINT NAME, SEX AND MEDICAL RECORD NO.

FINAL DIAGNOSES: VARICOCELE

REASON FOR VISIT: \_\_\_\_\_

PROCEDURES PERFORMED: VARICOCELECTOMY

CONDITION ON DISCHARGE: \_\_\_\_\_

DISPOSITION: HOME**FOLLOW-UP CARE** May shower in 48 hours

ACTIVITY ☒ Do **NOT** drive or operate hazardous machinery for 24 hours.  
☒ Limit your activities for 24 hours. Do **NOT** engage in sports, heavy work, or heavy lifting until your physician gives you permission.  
☒ When taking pain medication, be careful as you walk or climb stairs. Dizziness is not unusual.  
☐ May resume normal activities.

DIET Begin with liquids and light food (Jello, soups, etc.). Progress to your normal diet if you are not nauseated.  
**NO ALCOHOLIC BEVERAGES FOR 24 HOURS.**

HYGIENE ☐ Tub Baths ☒ Shower ☐ Sponge Baths

WOUND CARE A small amount of bright red blood is to be expected. Do **NOT** be alarmed, if you feel that the amount is excessive, call your doctor  
**YOUR WOUND SHOULD BE CARED FOR IN THE FOLLOWING MANNER:**  
☒ Change dressings as necessary.  
☐ Do **NOT** change your dressings until you are seen by your doctor.  
☒ Keep dressing dry.  
☐ Do not make any business/legal/personal decisions for 48 hours.

MEDICATION ☒ PRESCRIPTION SENT HOME WITH PATIENT. USE AS DIRECTED.  
☐ NO PRESCRIPTION GIVEN

Celebrex 200mg

Vicodin 500mg

SPECIAL INSTRUCTIONS:

No sexual intercourse for 2 weeks; ice pack should remain over incision for 48 hours;

No sports or heavy lifting for 3 weeks; Wear athletic supporter for 3 weeks.

NOTIFY YOUR PHYSICIAN FOR:

Excessive bleeding or pain; increasing redness over incision;

Fever above 101.0

If you have any questions, Please call DR.

If he/she is not available, you may call our Adult Emergency Service at  
(212) 746-5050 or Pediatric Emergency Service at (212) 746-3300

PHYSICIAN'S SIGNATURE

DOCTOR'S PHONE

, M.D.

THESE DISCHARGE INSTRUCTIONS HAVE BEEN EXPLAINED AND A COPY HAS BEEN GIVEN TO THE PATIENT/SIGNIFICANT OTHER.

NURSE'S SIGNATURE - DATE AND TIME

PATIENT/SIGNIFICANT OTHER'S SIGNATURE - DATE AND TIME

, R.N.

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## MEDICATIONS TO AVOID BEFORE SURGERY

The following drugs contain aspirin or other products, which can cause increased bleeding during surgery and should not be taken for 10 days prior to surgery. If you should need to take something for relief of minor pain, you may take Tylenol.

Advil	Doan's Regular and	Naprelan
Aleve	Extra Strength	Naprosyn
Alka Seltzer	Dolobid	Naprosyn Pepto Bismal
Alcohol	Dristan	Tablets and Liquid
Anacin	Duradyne Tablets	Naproxen
Anaprox	Easprin	Norgesic forte
Ansaid	Ecotrin	Orudis
Arthrotec	Empirin	Oruvail
Aspirin	Enbrel	Oxaprozin
APC	Equagesic Tablets	Percodan
BC Tablets or Powder	Etodolac	Persantine
BC Cold Powder	Excedrin	Piroxicam
Brufen	Feldene	Plavix (Warfarin)
Bufferin	Florinal	Quagesic
Cama Arthritis Pain	Flurbiprofen Sodium	Relafen
Reliever	4 Way Cold Tablets	Robaxisal
Cataflam	Goody's Headache	Rufen
Celebrex	Powder or Tablets	Sine Aid
Cephalgesics	Ibuprofen	Soma Compound
Clinoril	Indomethacin	Sulindac
Cogesprin	Indocin	Trandate
Coricidin	Ketoprofen	Trental
Coumadin	Lodine	Trillsate
Darvon	Meclomen	Vanquish
Darvon with Aspirin	Medipren	Vitamin E
Daypro	Meloxicam	Voltaren
Diclofenac	Midol 200	Wesprin
Diflunisal	Midol PMS caplets	Zavtrin
Disalcid Tablets or	Mobic	Zoprin
Capsules	Motrin	Herbal Supplements
	Nabumeton	

Before stopping any of these medications, be sure to consult the physician who ordered them. Some, such as Coumadin (Warfarin) and Plavix, are ordered to prevent or treat serious conditions such as "deep venous thrombosis", "pulmonary embolisms", and other heart problems. This is not an all inclusive list. If you are unsure if you are taking an aspirin product or an anti-inflammatory, please ask your doctor, nurse or pharmacist.