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Testis Biopsy: Post-Operative Care

1. **It is likely that you will have some discomfort for the first 2 – 3 weeks after surgery.** At the time of discharge from the hospital, you will have been given a prescription for pain medication. When taking pain medication, be careful as you walk or climb stairs. Dizziness is not unusual.
2. **Swelling and bruising of the penis and scrotum are normal.** This takes about 3 weeks to completely resolve.
3. **Applying ice to the incision for 48 hours post-operatively is the preferred treatment for soft tissue injury. Cold therapy will not reduce edema that is already present, but it will help prevent more swelling and ease discomfort on affected site. Ice compresses can be continued after the first 48 hours as needed. Apply them intermittently for periods no longer than 20 minutes. Longer time exposure to cold could limit blood flow to injured tissues and cause secondary damage.**
4. A small amount of bright red blood showing through the gauze dressing is to be expected. **Do not be alarmed.** If you feel the amount is excessive, call my office. You may replace bloody bandages with clean ones. If there isn't any bleeding the wound need not be covered with gauze.
5. Do not make any important judgment decisions or sign any legal documents for 24 hours after anesthesia.
6. A low-grade fever [to 101°F] is common 2 – 3 days post-operatively. This fever can be lessened by coughing, deep breathing and walking. There is no danger that these activities will disrupt your incisions. Taking pain medication one hour before activities and placing a pillow over your lower abdomen when coughing will help decrease discomfort.
7. There are no stitches that need to be removed. The stitching is beneath the skin and dissolves.
8. **You should shower 48 hours after the surgery.** Before showering, remove the scrotal supporter and gauze dressings. Dry yourself well after showering and wear a clear scrotal supporter daily.
9. Do not take tub baths for at least one week after surgery.
10. **Do not drive for one week after surgery,** but you can ride in a car if someone else is driving.
11. **No heavy work, strenuous exercise or sports are allowed for 3 weeks post-operatively.**

12. If your job involves only desk work and light activity, you may return to work 2 to 3 days after surgery.
13. No sexual intercourse is allowed for one week post-operatively.
14. Thereafter, you may resume normal activities as you feel up to it.
15. Remember that the Codeine in your pain medication can cause constipation. To avoid straining, increase your fiber intake [fruits, vegetables, whole-grains, etc.]. Drinking lots of water can also help.
16. **Follow up visit:** As soon as possible you should call the office for an appointment to see Dr. Goldstein one month after surgery.

If you have any questions, please feel free to call the office.