

Orchiectomy Post-Operative Instructions

General Instructions

- Someone must drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet with high protein and fluid intake.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots
- Do not drive until you are no longer taking any pain medications (narcotics).
- Refrain from vigorous activity for 4 weeks. Increase activity gradually as tolerated.

Incision Care

- Some drainage/oozing is common after surgery – especially in the first 1-2 days
- Apply antibiotic ointment to any external incisions three times a day
- Ice the area with an ice pack – but avoid direct contact of ice on skin
- No swimming for 1 month.

What to Expect

- Incisions may be taped with steri-strips. Leave these in place until they fall off themselves or need to be changed. You can expect drainage onto the steri-strips.
- Expect moderate drainage on your initial dressing, it is not uncommon for this to seep onto the surgical dressings
- Maximum discomfort will occur the first few days after surgery.
- You may experience temporary soreness, bruising, swelling and tightness in the breasts as well as discomfort in the incision area. The scrotal area can become very swelling normally due to edema.
- You may have random, shooting pains and itching around your incisions for a few months. This is part of the normal healing process.

Appearance

- Most of the discoloration and swelling will subside in 2-4 weeks.
- The surgical area will feel firm to the touch, this will soften over the next 3 to 6 months.

- Scars may be red and angry looking for 6 months. In time, these usually soften and fade.

Follow-Up Care

- Follow up within 5-7 days of surgery

When to Call

- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 101.3 degrees.
- If you have major increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

For Medical Questions, Please contact:

- Katie Leemaster PA-C at katie@districtps.com or Dr. Praful Ramineni at doc@districtps.com
- (202) 742-3999, Monday - Friday, 8 a.m. - 5 p.m.

Please Email Jackie at jackie@districtps.com to set up your post op appointment for Monday/Thursday
_____ (please give preference of morning or afternoon post op appointment).