**About Your Procedure**

You have undergone a **hydrocelectomy or spermatocelectomy**, a surgical procedure to remove fluid around the testis.

**What to Expect After Surgery**

* **Swelling and bruising** of the scrotum are common and may increase over the first 48–72 hours.
* **Mild to moderate pain** is expected and usually improves within a few days.
* You may notice **blood-tinged drainage** from the incision for 1–2 days.
* **A scrotal support** or snug underwear will help reduce discomfort and swelling.

**Activity**

* **Rest for 24–48 hours** after surgery.
* Avoid heavy lifting, strenuous activity, or exercise for **10–14 days**.
* Avoid sexual activity for **2–3 weeks**, or as advised by your doctor.
* You may return to work in **3–7 days**, depending on the nature of your job.

**Wound Care**

* Skin glue was applied, do not attempt to pick at this
* After 24 hours, you may **shower**—let soapy water run over the incision, then gently pat dry.
* Do **not bathe or swim** for 10–14 days.
* Wear **scrotal support** (jockstrap or snug briefs) for at least **7 days**.
* Apply **ice packs** to the scrotum (20 minutes on, 20 minutes off) for the first **48 hours** to minimize swelling.

**Medications**

* Take acetaminophen/ibuprofen if directed.

**Diet**

* Resume your normal diet as tolerated.
* Stay well hydrated.
* Avoid alcohol and heavy meals on the day of surgery.

**Follow-Up**

☑ **Call Dr Linke’s office to confirm follow up appointment**

**Call the Office If You Experience:**

🚨 Fever over 101°F (38.3°C)  
🚨 Excessive swelling or rapidly enlarging scrotum  
🚨 Redness or pus-like drainage from the incision  
🚨 Severe or worsening pain not controlled with medication  
🚨 Difficulty urinating  
🚨 Nausea or vomiting that prevents eating or drinking