

# UROLOGY ASSOCIATES, P.C.

535 Plandome Road Manhasset, NY 11030 PH- (516) 627-6188/ F (516) 627-9397  
Sarah K. Girardi, M.D., F.A.C.S.

## FAQ

- ✓ **Testis Biopsy**
- ✓ **Epididymal Sperm Retrieval**
- ✓ **Testicular Sperm Retrieval**

- ***How do I care for the incision?***

Leave the dressing on for 24 hours. You may then remove the jock strap, fluff gauze, and the white bandage and shower. There is no need to cover the incision after 24 hours.

- ***When can I shower?***

You may shower 24 hours after surgery.

- ***How long must I use ice packs?***

Ice packs should be used for 2-3 hours the night of the surgery. After that they can be used if discomfort persists.

- ***How often should I take the painkiller?***

The painkiller is prescribed every 4 to 6 hours. If pain is preventing you from walking comfortably, you should continue to take them.

- ***When can I resume exercise?***

There is no restriction on physical activity one week after surgery. Brisk walking is encouraged immediately after surgery. Heavy lifting (greater than 10 pounds) should be avoided for 2 weeks. Any activity that requires abdominal straining (e.g. weight lifting) will put a strain on the repair and should be avoided for 2 weeks.

- ***When can I resume sex?***

One week after surgery.

- ***How long do I wear the jock strap?***

One week both day and night. If it is uncomfortable, you may substitute with a well-fitted brief underwear.

- ***When can I return to work?***

If you perform a desk job, you may return to work in 2 to 3 days. If your job requires standing for more than 2 hours or heaving lifting, you should not return to full duty for 5 to 7 days.

- ***What problems should I watch for?***

You should call the office for fever greater than 102 degrees, increasing swelling in one or both testes, redness or drainage from the incision or excessive pain.

- ***When do I see you back in the office?***

One to two weeks after surgery to check the incision.

- ***What is the long- term follow up?***

You will have office follow up one to two weeks after surgery.

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