

Varicocele Repair FAQ- Sarah K. Girardi, M.D., F.A.C.S.

- ***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. Underneath you will find ½ inch strips on your skin. Leave those in place. They will fall off in 7 to 10 days.

- ***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?***

Two to four weeks after surgery. Brisk walking is encouraged immediately after surgery. Heavy lifting (greater than *10 pounds*) should be avoided for 4 weeks. Any activity that requires abdominal straining (e.g. weight lifting) will put a strain on the repair and should be avoided for 4 weeks.

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

Ten days to two weeks after surgery.

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

The jock strap should be worn for 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 3 to 5 days. If your job requires standing for more than 2 hours or heaving lifting, you should not return to full duty for 2-4 weeks.

- ***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, 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 a follow up semen analysis at 3 months and at 6 months after surgery. I will call you with the results and the next step.