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## Scrotal Explorastion Discharge Instructions

### Procedure:

You had a scrotal exploration procedure.

### What to expect:

**Urine:** You should be able to urinate normally.

**Anesthesia :** You will be sleepy and tired from the anesthesia. Occasionally you will also have a sore throat from the breathing tube. This will often get better in a matter of a few days. Cough drops such as Cepacol or Sucrets can help.

**Diet:** You can eat and drink anything you like but be reasonable. Drink plenty of fluids to stay hydrated. Water and Gatorade are good choices. Cranberry juice is not an ideal fluid choice because of its high sugar content.

**Activity:** No strenuous activity or heavy lifting for at least 3 weeks. Use common sense and take it easy.

**Shower:** You can shower starting in 48 hours. Take your dressing that was placed in the operating room off after showering so the tape will peel off easily. Allow soap and water to run over the incision but do not scrub your incision. Do not bath or submerge the incision for 4 weeks.

**Constipation:** This is a common side effect of pain medication. Take stool softener as instructed after your procedure. **For constipation longer than 48 hours:** drink ½ bottle of magnesium citrate. If no bowel movement after one hour drink the other half of the bottle. If no bowel movement after magnesium citrate, use a Fleets enema.

Your scrotum will turn black and blue. It may also swell from surgery. Use ice packs as needed every 2 hours to help reduce pain and swelling. Keep your scrotal support on for 72 hours to help reduce swelling. Call us if your scrotum becomes very large and painful.

### What to call for:

**Fever:** Call for a temperature over 101

**Nausea /vomiting:** Call if you do not feel well and cannot keep anything down.

**Inability to urinate:** If you cannot urinate after the procedure, please call us immediately.

**Incision:** Call if your incision opens up or you have any redness, pus, or discharge from incision site. Medications:

**Pain medicine:** Take pain medicine as needed. This will constipate you so take Colace or Senna to stay regular. Do not drive on narcotic pain medicine such as Tylenol #3 or Percocet.





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**ATLANTA COSMETIC UROLOGY**  
daily and Senna 2 tabs daily.

**Stool softener:** Take a stool softener while on pain medicine so you do not get constipated. We recommend Colace 200mg twice

**NSAIDS:** You can take ibuprofen as instructed on the bottle for pain, but please take in moderation.

**Resume blood thinning medication as directed by your physician**

**Follow up:**

**Please follow up on:**

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Please call our office any time with any questions (404) 400-3120.  
Please email us with non-urgent questions email [info@atlantacosmeticurology.com](mailto:info@atlantacosmeticurology.com)

