



371 E. Paces Ferry Road N.E. Suite 550  
Atlanta, GA 30305  
Phone: 404-400-3120 Fax: 404-481-2454  
Email: info@atlantacosmeticurology.com

### Discharge instructions Following TESA/MESA (Sperm Extraction)

#### Procedure:

A Micro-Tese/MESA was performed. This is done through a small incision in the scrotum.

#### What to expect:

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

**Anesthesia:** The local anesthetic will last 48 hrs and you may have some groin and scrotal soreness.

**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 2 weeks. Use common sense and take it easy. No sexual activity for 1 week. Ice scrotum 3 x a day for the first 3 days for 30-minute intervals.

**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 for the first 3 days.

**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 you do not 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 orally





371 E. Paces Ferry Road N.E. Suite 550  
Atlanta, GA 30305  
Phone: 404-400-3120 Fax: 404-481-2454  
Email: info@atlantacosmeticurology.com

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

**Incision:** Call if your incision opens up or has redness or drainage.

**If you have any questions**

**Medications:**

**Antibiotics:** Take these medications as directed by your physician.

**Pain medicine:** Take pain medicine as needed with food so you do not vomit. Side effects including nausea, vomiting, itching, and constipation. Do not drive on narcotic pain medicine such as Tylenol #3 or Percocet.

**Stool softener:** Take a stool softener while on pain medicine so you do not get constipated. We recommend Colace 200mg twice daily and Senna 2 tabs daily.

**Ibuprofen:** You can take ibuprofen as instructed on the bottle for pain, but please take in moderation. We recommend no more than 600mg three times daily for 3 days. Do not take this if you have a history of gastric ulcers.

**Please resume all previous medicines as before, including aspirin or Plavix (blood thinners) if you were on them previously as directed by your physician.**

Follow up:

**Please follow up on:**

---

Call us at 404-400-3120 with any questions or concerns.

