**Post-varicocele Instructions**

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1. Some soreness and swelling should be expected, especially after the numbing medicine wears off.
2. Do not do any heavy lifting or strenuous activity for 14 days. This includes exercise and sexual activity.
3. Use an ice pack on the scrotum on for 20 minutes on and off for 20 minutes for 48 hours after the surgery. This will help minimize swelling.
4. It is OK to take a shower 2 days after the surgery. Avoid submerging yourself in water (bath tubs, swimming pools, hot tubs) until the incision is completely healed, which is typically around 2-3 weeks.
5. Wear tight fitting briefs or boxer-briefs for the first 2 weeks after the procedure.
6. Typically you will be prescribed 2 different medications for discomfort. One is an anti-inflammatory medication (ketorolac or celecoxib) that you should use first. The other is a narcotic pain prescription that you should take second if needed.
7. Your incisions are closed with sutures beneath the surface of the skin that will dissolve, and purple skin glue on top of the skin. The skin glue will go away on its own over the course of 2-3 weeks
8. If you have a fever > 101.5 degrees; significant, rapid swelling; uncontrollable pain, redness expanding on the skin from the incision(s), pus draining from the incision(s), or any other concerns call us at (336) 274-1114.