

# Simple Scrotal Orchiectomy

## Post-Op Expectations & Instructions

**Key reminders: wear scrotal support, use ice for swelling, shower tomorrow unless told otherwise, no soaking for 2 weeks, and no heavy lifting for 2-3 weeks. If a Penrose drain was placed, keep gauze in the underwear and change as needed.**

What to Expect	What To Do	Call Us / Seek Care If
Scrotal soreness, swelling, and bruising	Wear supportive underwear or scrotal support. Use ice packs over clothing or a thin towel for 15-20 minutes at a time during the first 24-48 hours.	Call for severe or rapidly worsening swelling, severe pain, or concern for a large hematoma.
Scrotal incision with dissolvable sutures	Keep the area clean and dry. Sutures usually dissolve on their own.	Call for increasing redness, warmth, pus-like drainage, wound opening, or fever.
Possible Penrose drain	If a drain was placed, mild bloody or pink drainage can be normal. Keep gauze or a pad in the underwear and change as needed.	Call if drainage is heavy, foul-smelling, pus-like, or the drain falls out unexpectedly.
Showering	You may shower starting tomorrow unless instructed otherwise. Let soap and water run over the area and pat dry. Do not scrub. Replace gauze afterward if a drain is present.	Call if the wound opens, bleeding increases, or pain significantly worsens after showering.
Bathing restrictions	No baths, hot tubs, pools, or swimming for 2 weeks, and not while a drain is still in place.	Call if the incision becomes very red, swollen, painful, or starts draining pus.
Activity restriction	No heavy lifting greater than 10-15 lb, strenuous exercise, running, squats, heavy yard work, or abdominal straining for about 2-3 weeks. Walking and light activity are okay.	Call for new severe swelling, worsening pain with activity, or inability to walk comfortably.
Sexual activity	Avoid sex or strenuous sexual activity for about 2-4 weeks or until cleared if you are still sore or swollen.	Call if activity causes significant bleeding, swelling, or worsening pain.
Driving and medications	Do not drive for 24 hours after anesthesia. Do not drive while taking narcotic pain medication. Use stool softeners if needed while taking narcotics.	Call for persistent vomiting, inability to keep fluids down, or severe constipation.
Follow-up	Follow up as scheduled for wound check and drain removal if a drain was placed.	Call if you do not have a follow-up appointment or are unsure when the drain should be removed.
Emergency symptoms	For urgent problems, seek care right away.	Go to the ER or call 911 for chest pain, shortness of breath, fainting, severe uncontrolled bleeding, or severe uncontrolled pain.