

Before Surgery	Surgery Day	Recovery
<p><input type="checkbox"/> Talk with the provider who manages your hormone therapy. Find out if your treatment needs to be adjusted. Do this either before your surgery or within 1 week after your surgery.</p> <div data-bbox="170 591 338 758" data-label="Image"> </div> <p><b>Day Before Surgery</b></p> <p><input type="checkbox"/> <b>After midnight the night before your surgery, do not eat or drink anything.</b> This means no lozenges, mints, or candy, and no chewing gum, unless your surgeon or admitting nurse told you otherwise.</p> <div data-bbox="170 1248 338 1422" data-label="Image"> </div>	<p><b>Before You Leave Home</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Follow the instructions you received from your surgeon and admitting nurse about what medicines to take or not take before surgery.</li> <li><input type="checkbox"/> If you must take medicines, take them with only a small sip of water.</li> </ul> <p><b>For 24 Hours After Surgery</b></p> <p><b>Do not:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Drive.</li> <li><input type="checkbox"/> Use machinery.</li> <li><input type="checkbox"/> Eat heavy or large meals.</li> <li><input type="checkbox"/> Eat spicy or greasy foods.</li> <li><input type="checkbox"/> Drink alcohol.</li> <li><input type="checkbox"/> Make important decisions, sign papers, or be responsible for another person's care.</li> </ul> <p><b>Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Rest. This will help reduce swelling.</li> <li><input type="checkbox"/> Apply cold packs (such as a bag of frozen peas) to your groin area to help reduce swelling:             <ul style="list-style-type: none"> <li>- Cover your groin area with a towel first. Do <b>not</b> place the cold pack right on your skin.</li> <li>- For the first 24 hours after your procedure, leave the cold pack on for 20 minutes, then off for 20 minutes. Repeat. Keep the area cool, <b>not</b> cold.</li> </ul> </li> <li><input type="checkbox"/> Wear loose, comfortable clothing.</li> <li><input type="checkbox"/> Keep the incision area clean and dry.</li> </ul>	<p><b>What to Expect</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Some discomfort.</li> <li><input type="checkbox"/> Bruising and discoloration of your scrotum and the base of your penis for 1 to 2 weeks.</li> <li><input type="checkbox"/> Some swelling of your scrotum.</li> <li><input type="checkbox"/> Some thin, clear, pinkish fluid draining from the incision for a few days.</li> <li><input type="checkbox"/> A sore throat, nausea, constipation, or body aches for 48 hours if you had general anesthesia.</li> </ul> <p><b>Diet</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Start with clear liquids or something light.</li> <li><input type="checkbox"/> Slowly add your usual foods to your diet, as you can handle them.</li> <li><input type="checkbox"/> Drink plenty of water to stay hydrated.</li> </ul> <p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for mild discomfort.</li> <li><input type="checkbox"/> For moderate pain, take the pain medicine your doctor prescribed. Ask your doctor or nurse if it is safe to take acetaminophen while you are taking your prescription pain medicine.</li> </ul> <div data-bbox="1793 919 1969 1097" data-label="Image"> </div> <p><b>Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Do <b>not</b> drive while you are taking prescription pain medicine.</li> </ul>

## Day After Surgery

- Call the Men's Health Center to set up a follow-up visit in 1 to 2 weeks if you have not yet done so.
- Your pain and swelling may be worse. Keep using cold packs until 24 hours after your surgery.
- Expect a small amount of bloody discharge from your incisions.
- You may have bruising around your incision site, scrotum, and on your penis.
- Wear the supportive underwear for 1 week.
- 24 hours after your surgery, remove all dressings from inside the supportive underwear.
- You may shower after you remove the dressings. Dry the incision area gently but fully.
- If you have not yet done so, talk with the provider who manages your hormone therapy to find out if your treatment needs to be adjusted.



## Day 2 and After

- You may resume normal, light activity 24 hours after your surgery, or when you feel better.
- Avoid heavy exercise or heavy lifting for 7 days. After that, you can return to your normal activities. Let your body be your guide. If what you are doing is causing discomfort, slow down or stop and rest.
- Avoid all sexual activity, including masturbation, for 1 week.
- Sutures over your incision will dissolve on their own in the next 2 to 3 weeks.
- Any glue over your incision will begin to "flake off" after a few days.
- You may return to work when you feel comfortable enough to do so.



## When to Call

- Call your **doctor** if you have:
  - Fever higher than 101°F (38.3°C)
  - Shaking and chills
  - Nausea and vomiting
  - Hives, rash, nausea, vomiting, or other drug reactions

**The Men's Health Center is open weekdays from 8 a.m. to 5 p.m. The phone number is 206.598.6358.**

- Call the **Men's Health Center** if:
  - Your incision becomes red, painful, or pulls apart
  - You are concerned about the amount of swelling

### Urgent Care

- If you need care after office hours, go directly to the **Emergency Room**.