

Varicocele Repair Post Op Information

Post-Op Restrictions

- Plan to take 1 week off of work.
- No heavy lifting >15 lbs for 2 weeks. Ask for light duty at work if needed.
- OK to shower 48 hours after surgery. Sponge baths are ok until that time. Do not bathe/submerge in water for 1 month.
- Purchase a pack of athletic supporter/jock straps. You will need to wear these for 2 weeks after surgery.
- No sexual activity/masturbation for 2 weeks after surgery.

Post-Op Medications

Your medications will be sent to your pharmacy before surgery and should be picked up before your surgery day.

- Celecoxib 200mg – anti-inflammatory – take one once daily for 1 month.
- Cephalexin 500mg – antibiotic – take one twice daily for 3 days.
- Gabapentin 300mg – nerve pain medication – take one every 8 hours as needed for pain.
- Acetaminophen/Tylenol 500mg – over the counter – take two every 6 hours as needed for pain.

- Colace 100mg – stool softener – take one once to twice daily as needed for constipation.
- If your pain is not controlled, please call the office – we can prescribe you stronger pain medication if needed.

Post-Op Follow Up

- You will have a follow up appointment 2 weeks after surgery.
- If your varicocele was repaired for fertility reasons, a semen analysis will be performed 3 months after surgery.

Reasons to call

- Uncontrolled pain not relieved by medication.
- Temperature over 101 degrees, shaking chills.
- Heavy bleeding soaking through your dressing.
- Redness, extreme swelling, and/or pus at the incision site.

For any above concerns, do not hesitate to call the office at 615-269-2655. A physician is always available during and after business hours to speak with you.