



Dr Mark Romero

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Post-operative instructions for hydrocele excision

After your hydrocele excision, you will be reviewed by me or one of my team members and discharged. This will usually be on the same day as the surgery. Below are some post-operative notes, please familiarise yourself with them.

Diet:

No special restrictions. Everything in moderation.

Pain relief:

The discomfort after this operation varies. Regular Panadol and Nurofen are useful but you may need something stronger like Tramadol or Endone. Ice packs and supportive underwear ("Y-fronts") can help with the swelling (this is normal).

Wound care:

Keep your wounds dry for 48 hours. A special protective spray has been applied. After this, shower and dry the area gently. Supportive underwear ("Y-fronts") may give some comfort. You may get scrotal swelling for a few weeks afterwards. This is normal.

Activities:

Please move about as much as you can within the limits of your comfort. Please avoid straining or heavy lifting (>5kg) for 6 weeks.

Expected healing process:

The wound is usually completely healed by 3-4 weeks.

Return to work:

You can return to work as soon as you feel able to (1-2 weeks).

Things you should tell your GP or me about:

- Severe pain that is not responding to the pain relief prescribed needs attention and should not be ignored.
- Fevers or feeling sick after this procedure is unusual and you should contact your GP or me for attention immediately.
- Significant scrotal swelling or bleeding from the wounds needs urgent attention.
- Pus or offensive discharge from the wound.

Follow up:

Your usual follow up with me will be around 3 to 4 weeks after the procedure and you will be provided with an appointment card at discharge or will be asked to make an appointment yourself (if you go home on the weekend, for example). It is important for you to keep your appointment as we can discuss your recovery and I can assess your healing.

All the best,

A handwritten signature in black ink, appearing to read "Mark Romero". The signature is fluid and cursive, with a long horizontal stroke at the end.

Dr Mark Romero