

UTAH MEN'S HEALTH | Ahead of the Curve

Microscopic Denervation of the Spermatic Cord Handout and Instructions

A microscopic denervation of the spermatic cord is a procedure performed for chronic, severe orchialgia (testicular pain). It involves the dissection of the nerve that innervates the testicle. By cutting this nerve, neuropathic pain transmission from testicle to brain is reduced. Successful denervation is defined as a 50% or greater reduction in pain.

This procedure is performed with general anesthesia as well as local anesthetic. A small incision is made along the groin line, not within the scrotum. The spermatic cord is delivered through this incision and the nerve is cut, dilated veins are ligated, and excess tissue is separated. Only the vas deferens, artery, and lymphatics are preserved. By doing so, the testicle blood supply is preserved but nerve transmission from the testicle is blocked. Dissolvable sutures and tissue glue will be used to close the incision at the conclusion of the procedure. A denervation usually takes around one hour. As a same-day surgery, meaning you will go home after the procedure.

As with any procedure, there are risks to a microscopic denervation. These include no relief of pain, hydrocele, loss/compromise of the testis, and likely numbness of the scrotum and inner thigh on the operated side.

Preparing for surgery

- You may eat normally the evening before your surgery.
- Do not eat or drink anything after midnight. Do NOT drink coffee, juice, or milk the morning of surgery. Do NOT eat the morning of surgery.**
- If you have medicines that you must take in the morning before your surgery, take them **with only a small sip of water.**
- Wear loose, comfortable clothing.

After surgery

- For 24 hours after your surgery do not
 - Drive
 - Use machinery
 - Eat any heavy or large meals. A heavy meal may be hard to digest.
 - Drink alcohol
 - Make important decisions. The anesthesia you received can make it hard to think clearly. It can take up to 24 hours to wear off.

Recovery

- Some bruising, swelling, and pain is normal. Contact your provider if you experience intolerable symptoms.
 - *Though some post-operative tenderness, inflammation, and pain is expected, many men report an immediate change in the TYPE of pain, from deep neuropathic pain to superficial inflammatory pain. This post-operative pain will fade over time.**
- Take Ibuprofen 800mg every 8 hours and Tylenol 650mg every 6 hours around the clock for 3 days. Take narcotic pain medication only if needed
- Ice 20 minutes out of every hour will also help any pain.
- No sex, masturbation, or lifting anything >25 lbs for 1 week(s).
- You may shower beginning tomorrow. No tub baths for one week.
- Contact our offices at **(801) 587-1454** with any questions or concerns.