

UTAH MEN'S HEALTH | Ahead of the Curve

Varicocelectomy (Varicocele Repair) Handout and Post-Operative Care Instructions

What are varicoceles?

Varicoceles are dilated veins within the spermatic cord, the long tube that sperm travel through. Because these veins are larger than normal, varicoceles can cause blood to collect in the scrotum. They also allow blood to flow backward (retrograde) to the testes. You may want to consider having varicocele treatment if you have problems with infertility, pain, or testicular atrophy (testes getting smaller).

How are varicoceles treated?

Surgery to treat varicoceles is called varicocelectomy. It is a minimally invasive surgery; only very small incisions are made. These incisions are along the groin line, not within the scrotum. In a varicocelectomy, ties or clips are used to stop blood flow in the enlarged veins inside the spermatic cord. Most men have general anesthesia for this surgery, which will make you sleep through the procedure. Local anesthetic is also used to numb the area so that you will be comfortable when you wake up. Varicocelectomy can usually be done in less than 1 hour. Recovery time is often very short. Most men return to work 1 or 2 days after this surgery.

Preparing for your varicocelectomy

- ⇒ 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 your varicocelectomy

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.
- ⇒ 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.