

Avoid heavy activity and exercise for the first two days after the surgery and wear supportive underwear to protect the scrotum.

Temporary skin discoloration, superficial inflammation, or whitening of the scrotum is normal after the surgery.

Pain, burning, and itching in the surgical area are natural and will be temporary. After three days, you can return to your normal activities.

However, you should avoid heavy lifting or strenuous activities for the first one to two weeks after the surgery.

If an activity causes discomfort, you should stop doing it.

in the scrotum. In most cases, varicocele occurs on the left testicle.

Varicocele symptoms:

Varicocele often has no symptoms, but a person may experience scrotal pain, sensitivity, heaviness in the scrotum area, and even infertility.

If varicocele is progressive and causes fertility problems, surgery is performed. Otherwise, treatment is not necessary.

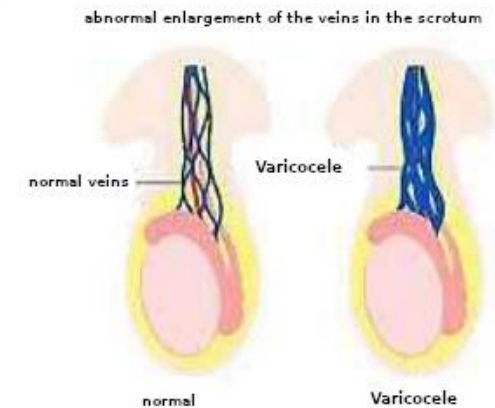
A scrotal support can be enough to relieve the feeling of heaviness.

Postoperative care:

It is recommended to put an ice pack on the scrotum for a few hours after the surgery to reduce swelling.

After 48 hours, you can remove the bandage and take a shower.

Varicocele



Varicocele is an abnormal enlargement of the network of veins

**Tadbir day-clinic and limited,
ambulatory surgery center**



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References:

- 1) ClinicalKey
- 2) Mayo Clinic
- 3) Brunner & Suddarth's Textbook of Medical-Surgical Nursing
- 4) FamilyDoctor.org

Swelling, bruising, and inflammation at the incision site are common after the surgery and may persist for six to eight months without requiring any special treatment.

For greater comfort after the surgery, wear non-tight underwear.

The next appointment:

Visit your doctor 7 to 10 days after the surgery to remove the stitches.

If the surgical site becomes warm, swollen, red, and painful or a large amount of fluid drains from the incision site or you have a fever, seek medical attention as soon as possible.