

Male Sling

Patient and Family Discharge
Instructions for Care after Surgery

Diet

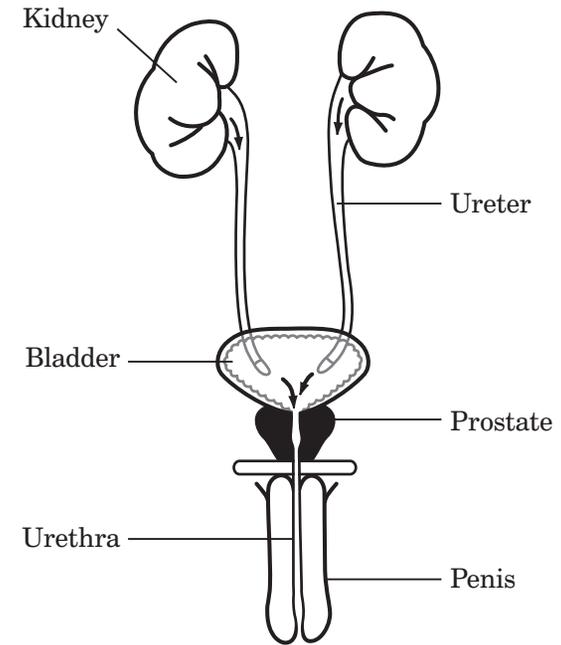
- Start with clear liquids immediately following surgery, and advance to your usual diet as tolerated.
- A well balanced diet is important for wound healing. Many pain medicines (eg. Codeine) cause constipation. To prevent this, include high fiber and fluids in your diet, for example:
 - Grain breads
 - Bran cereals (All Bran, Bran Buds, Fruit & Fiber)
 - Fruits (prunes, raisins, dates, apples)
 - Vegetables (broccoli, corn, beans, potatoes)
 - At least 8 glasses of water (or juice, clear tea or broth) per day (unless otherwise advised by your doctor).

Activity

- Get up and about as soon as possible after surgery.
- Walk as tolerated.
- Use an ice bag on the scrotum for the first 24–48 hours to reduce swelling. Wrap the ice bag in a small towel or pillowcase. **Do not** apply ice directly to skin. Apply 15 minutes on, then 15 minutes off, while awake.
- Avoid lifting more than 20 lbs for the first month after surgery.
- Avoid “high stepping” or spreading your legs far apart.
- Avoid pressure on your incision behind your scrotum.
- Use a soft pillow or horseshoe cushion for sitting.
- You may start showering 24–36 hours after surgery. Avoid water stream directly on incision. You may sponge bathe. Do not sit in a tub bath for 3–4 weeks.
- You may begin driving about 5–10 days after surgery. Do not drive if you are still on narcotic pain medicine or have limited mobility.

Medications

- Take antibiotics as prescribed.
- Use prescription pain medicine as needed.
- Do not apply ointments or creams to incisions.
- Take a stool softener, eg. Colace (obtain over the counter at your local pharmacy) starting the night of your surgery. Stop taking stool softeners once having soft bowel movements. Do not take stool softeners if diarrhea occurs.
- If you have not had a bowel movement by the 3rd day after your surgery, ask your pharmacist for an over the counter laxative.
- You may begin your regular medications when you leave the hospital unless instructed otherwise.



What to Expect

- Swelling and bruising of scrotum often worsens for 24–48 hours before starting to get better.
- You may have pain or discomfort around incision sites and inner thighs.
- You may have difficulty passing urinating or completely emptying your bladder for several days to 2 weeks because of spasms in the area.
- If difficulty urinating applies to you, you will receive teaching and a pamphlet (**Self Catheterization and You**) before going home.
- If you are going home with a catheter left in your bladder, you will receive the pamphlet **Instructions for Care of Urinary Catheter & Removal at Home**.

Call your Doctor

If any of the following occurs:

- Redness, foul-smelling drainage or separation of the incision site.
- Fever over 38.5°C.
- Severe pain not relieved by pain medicine.
- Unable to catheterize yourself (if taught self-catheterization).

Contact

- If you need assistance, call the Metro Vancouver Urology office at 604-273-4320 and follow the menu prompts.
- If you need urgent or emergency attention, go to your nearest hospital Emergency Room.

Doctor's Appointment

Contact your surgeon's office the day after surgery for a follow-up appointment.

For more copies, go online at <http://vch.eduhealth.ca> or
email pchem@vch.ca and quote Catalogue No. **FP.170.M35**
© Vancouver Coastal Health, June 2014

The information in this document is intended solely for the
person to whom it was given by the health care team.
www.vch.ca