

# Dr Hossam Elzeiny

MBBS FRANZCOG CREI

Provider No: 228387JT

*Fertility Specialist   Andrologist   Gynaecologist   Microsurgery   Endoscopic Surgery*

## **Post Operative Care – MicroTESE Biopsy**

### **IMMEDIATE POST-OPERATIVE CARE**

- ❖ You will be discharge after your short stay post-operative procedure
- ❖ You will need to be driven home your partner (if you and your partner have procedures on the same day, you will need a companion to take you home (NO Taxi Drivers)
- ❖ Post-Surgery and Anaesthetic, start with clear fluids.
- ❖ Avoid any heavy meals post-surgery and for the rest of the day, depending on how you feel the following day you may resume your normal diet.
- ❖ Although you will probably feel fine after your procedure, judgement is impaired after Anaesthesia therefore you must **NOT** drive any motor vehicles, ride a bicycle, drink any alcoholic beverages or make any important decisions during this time, at least for 24 hours
- ❖ General Anaesthetic may cause a sore throat, jaw discomfort or muscle aches.
- ❖ Antibiotics are not routinely prescribed but a single dose of prophylactic antibiotics may be given during the operation.

### **PAIN CONTROL**

- ❖ You will likely be sent home with a prescription for a few days of pain medication. Use this only as
- ❖ needed. After 48 hours, most patients can take Panadeine for the pain
- ❖ Pain most often is eased after 5 to 7 days post op.
- ❖ **DO NOT** take any Aspirin products for two weeks following the procedure date.

### **ACTIVITY**

- ❖ Limit your activity for the first 5 days after surgery to light activities only.
- ❖ You should not drive or work for one week following the surgery date. If your job involves only deskwork and very light activity, you may return to work 4 or 5 days after the surgery date.
- ❖ It is likely that you will have some discomfort for the first few days after surgery, please avoid exercise, (No running, heavy lifting, long walks, straining etc.) for one to two weeks after surgery.
- ❖ Recovery can be quick provided you take it easy for the first few days immediately post-surgery.

### **SWELLING**

- ❖ Scrotal swelling from the surgery may take weeks to get better. You should contact our rooms if the swelling is severe, and the scrotum is larger than an orange.
- ❖ Use ice packs to the scrotum for 15 minutes every hour for the first 48 hours when you are awake to limit swelling. Wrap a cloth or towel around an ice pack or a bag of peas and avoid direct ice contact with the skin.
- ❖ Wear fitted underwear (briefs or boxer shorts) post-surgery to support your scrotum and to aid in swelling reduction.

**ADDRESS:** Level 1, 150 Jolimont Road, East Melbourne

**PHONE:** 03 9416 1767 **FAX:** 03 9416 1876 **PAGER:** 03 9387 1000 **MOBILE:** 0434 136 736

**EMAIL:** [receptiondrelzeiny@cityfertility.com.au](mailto:receptiondrelzeiny@cityfertility.com.au) **WEBSITE:** [www.drhossamelzeiny.com.au](http://www.drhossamelzeiny.com.au)

**INSTAGRAM:** @drhossamelzeiny

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## **INCISION CARE**

- ❖ Dr Hossam Elzeiny uses absorbable sutures to close the incision. The suture dissolves on its own and does not need to be removed. The free ends of your skin stitches will have been left long to simplify their removal if necessary.
- ❖ You may have a small amount of blood staining the dressings up to 72 hours post-surgery. This is nothing to be concerned about if severe bleeding or loss please contact the rooms immediately.
- ❖ For the first few days' post-surgery, apply two or three gauze pads to the site each day or as needed to keep the dressing dry. This will protect the incision and help keep your clothes clean.
- ❖ When there is no longer any visible blood stain on the gauze, you may stop using the gauze over your wound site.

## **BATHING AND SHOWERING**

- ❖ You may shower 48 to 72 post surgery – allow the water to wash over the incision wound but **DO NOT** scrub the incision area. Dry the incision area gently by patting it with a clean towel
- ❖ Baths should be avoided for 7 days post-surgery
- ❖ Swimming should also be avoided for 14 days post-surgery

## **SEXUAL ACTIVITY**

- ❖ Sexual activity may resume 2 weeks post-surgery or when you feel comfortable.

## **FOLLOW UP**

- ❖ Please call the office on 03 9416 1767 to schedule your 6 weeks post-op review appointment

## **WHEN TO CALL Dr HOSSAM ELZEINY ROOMS**

**Please call the office right away or on his pager after hours if you have any of the following.**

- ❖ Severe swelling, larger than the size of an orange.
- ❖ A large amount of fluid drainage that soaks several gauze pads per day.
- ❖ Pain that is not controlled with pain medication and use of ice packs.
- ❖ Any signs of infection such as, increased redness or tenderness around incision site.
- ❖ Pus type drainage from the incision site.
- ❖ A fever of  $38.1^{\circ}\text{C}$  or higher.
- ❖ You have trouble urinating

## **URGENT CONTACT NUMBERS:**

**Dr Hossam Elzeiny Rooms 03 9416 1767**

**Dr Hossam Elzeiny Pager 9387 1000 for after hours or when office is closed**

**ADDRESS:** Level 1, 150 Jolimont Road, East Melbourne

**PHONE:** 03 9416 1767 **FAX:** 03 9416 1876 **PAGER:** 03 9387 1000 **MOBILE:** 0434 136 736

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