



## Dr Hossam Elzeiny

MBBS FRANZCOG CREI

Reproductive Endocrinologist,  
Fertility Specialist, Andrologist,  
Gynecologist, Laparoscopic Surgeon.

### Postoperative care for MicroTESE

#### Immediate post-operative care

You should be able to leave hospital shortly after the operation. You should be driven home by your partner or other companion (not taxi driver) if you and your partner had surgery on the same day.

After anesthesia, begin with clear liquids. Avoid any heavy meals on the day of the procedure. Depending on how you feel the following day, you may resume the diet you normally follow.

Although you will probably feel fine, judgment is impaired after anesthetics, therefore do not drive any motor vehicle, ride a bicycle or drink alcoholic beverages or make any important decisions during this time.

General anesthesia may cause a sore throat, jaw discomfort or muscle aches.

These symptoms can last for one or two days.

Antibiotics are not routinely prescribed but a single dose of prophylactic antibiotic may be given during the operation.

Dr Elzeiny will call you for the results either the second day after the surgery or once there is sperm found.

#### Pain Control

You will likely be sent home with a prescription for a few days of pain medicine. Use this only as needed. After 48 hours, most patients can take Panadene for pain; Pain most often is eased after 5 to 7 days. Do not take any aspirin products for two weeks following the procedure.

#### Activity

Limit your activity for the first 5 days after surgery to light activity.

You should not drive or work for one week following surgery. If your job involves only deskwork and very light activity, you may return 4 or 5 days after the surgery.

It is likely that you will have some discomfort for the first few days after surgery.

Avoid exercise (no running, heavy lifting, long walks, straining, etc.) for one to two weeks.

Avoid straddle activities like cycling, horseback riding for at least two weeks.

You will recover quicker and easier if you take it easy for these days immediately post-op.

## Swelling

Scrotal swelling from the surgery may take weeks to get better. You should call your doctor 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. Use a plastic bag with ice or a bag of frozen peas for the ice pack. Wrap a cloth or towel around the ice pack so the ice does not directly touch your skin.

Wear tight pair of jockey shorts for the next week to support your scrotum and reduce swelling.

## Incision Care

Dr Elzeiny uses absorbable sutures to close the incision. This 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.

Expect a small amount of blood may stain the dressings for up to 72 hours after surgery.

For the first few days, apply two or three gauze pads to the site each day and as needed to keep the dressing dry.

This will protect the incision and help keep your clothes clean.

When you are no longer having any drainage, stop using the gauze pads over the site.

## Bathing or Showering

You may shower 48 to 72 hours after surgery. Allow the water to wash over the incision but do not scrub the incision. Dry the site gently by patting it with a clean towel.

Tub baths should be avoided for 7 days after surgery.

Swimming should be avoided for 14 days after surgery.

## Sexual Activity

Sexual activity may resume after two weeks or when you feel comfortable.

## Follow Up

Please call the office to schedule a follow up appointment in 6 weeks after surgery.

## When to Call Your Doctor

Call Dr Elzeiny's office right away or page him after hours if you have:

- Severe swelling, larger than the size of an orange
- A large amount of fluid drainage that soaks several pads per day
- Pain that is not controlled with pain medicine and use of ice packs
- Any signs of infection such as:
  - Increased redness or tenderness around the incision site
- Pus type drainage from the incision.
- A fever of 38.1° C or more
- You have trouble urinating.

**Please call the office if you have any questions or concerns about your care.**