

INFORMATION AND POSTOPERATIVE CARE

TESTICULAR IMPLANTS

In order to maximize the success of your surgery, please attentively follow the postoperative instructions given to you by your surgeon. This document will also serve as a memory aid.

HEALING

It is normal to have some swelling for a few weeks following surgery.

SUTURES AND DRESSINGS

Your surgical incisions have been closed with “dissolvable sutures.” There is therefore no need to be concerned about their removal.

Never pull at your sutures.

Leave the dressing in place for 24 to 48 hours following surgery. After this period, you may remove it.

To increase comfort:

- Wear comfortable, white cotton underwear that is loose enough to prevent the fabric from rubbing against your genitals;
- Cover unhealed wounds with a gauze dressing (4x4).

HYGIENE

- Wait 48 hours following surgery before taking your first shower;

MASSAGING THE IMPLANTS

During healing, the testicles tend to rise upwards. You should therefore, 2 weeks after your surgery, begin to massage the scrotum while pulling the testicular implants downwards, helping them to lodge in the base of the scrotum.

ACTIVITIES

- Resume your daily activities **gradually**;
- Avoid **sports and intense physical activities** for 1 month following surgery;
- Be especially careful when engaging in physical activities that present a risk of **crotch injuries**.
- Wait until your incisions have completely healed before swimming in a pool, hot tub, or lake.

MEDICATION

Do not take acetylsalicylic acid (Aspirin or ASA) for 2 weeks following surgery.

PAIN

The pain one feels varies from one person to another. Relieving pain upon waking up helps you go about your daily activities and relieving pain when you go to bed helps you sleep.

- ☞ Apply **ice** to the sore area for 10 minutes every hour. Ice should not be applied directly to the skin. Wait at least 45 minutes between each ice application;
- ☞ **Relax and rest** for the first few days of your return home. Rest is beneficial and promotes a better recovery;
- ☞ Find other, **non-medical methods** to relieve pain like relaxation, music, the presence of a loved one, etc.
- ☞ Take **acetaminophen** (Tylenol) regularly for a maximum period of two weeks. Follow your prescription and consult your pharmacist or attending physician to ensure safe use of acetaminophen;
- ☞ **Take the narcotic analgesics** prescribed by your surgeon if your pain becomes a nuisance. Do not hesitate to take your prescribed painkillers even if you are taking Tylenol. Remember that the more intense your pain is, the more difficult it is to relieve it. Follow your prescription and contact your physician if the pain does not improve.

CONTACT YOUR DOCTOR

If you suspect or experience one of the following complications, contact us by email at asclepiade@cmcmontreal.com. In order to facilitate a follow-up, attach a photograph of your wounds and describe your symptoms.

If you see a doctor, advise us of the doctor's diagnosis and treatment prescribed.

Upon your return home, check your incisions every day for infection and continue to do so until your wounds have completely healed.

Recognizing the signs and symptoms of an infection

- Redness;
 - Sensation of heat;
 - Sensitivity;
 - Swelling;
 - Foul-smelling pus discharge;
 - Your incision has a crack or an opening;
 - Increased pain at the surgery site;
 - Chills and fever of over 38.5°C or 101°F for more than 24 hours.
- } At the surgery site and its perimeter

MEDICAL FOLLOW-UPS

Asclépiade

After your return home, we will make 2 follow-ups by email or telephone in order to verify that your convalescence is going smoothly. You will receive an email or telephone call during the 1st and 2nd weeks following your departure from Asclépiade.



If you do not receive our emails or telephone calls, contact us to let us know.

With your surgeon

If you live in or near Quebec, the first follow-up (1 week postoperative) will be done with your surgeon. It is important to go to your appointment as it represents an opportune time to, if necessary, discuss with your surgeon any persistent worries or unease.

Prior to leaving the Centre Métropolitain de Chirurgie or Asclépiade, be sure to contact Dr. Brassard and Dr. Bélanger's office at 514-288-2097 to make your appointment.

☞ Date of next appointment: _____

WHO TO CONTACT IN CASE OF NEED

Asclépiade at 514-333-1572 extension 200 or by email at asclepiade@cmcmontreal.com

Your attending physician

A health consultation service in your area (in Quebec, Info-Santé: 811)

Emergency services in your area (in Canada: 911)