

# Discharge advice following the operation to your groin or scrotal area

Information for patients, relatives and carers

## **Help and advice**

If you have any problems after discharge please contact one of the following numbers:

During the first 24 hours after your operation:

York patients contact the Day Unit (01904) 726010  
Monday to Friday between 7:30am and 7.30pm  
Extended Stay Area for York patients  
(01904) 721265) Monday to Friday at other times

Scarborough patients contact the Aspen Ward  
(01723 716200) Monday to Friday

After the first 24 hours or at weekends, please contact your GP or phone the NHS helpline 111

# **Discharge advice following your operation to your groin or scrotal area**

Your nurse will complete or delete the information as appropriate.

Today you had an operation called a

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This leaflet should provide you with some useful information to help your recovery at home.

## **Will I have any pain following my procedure?**

Depending upon the type of procedure you have had done, you may have had a local anaesthetic placed into your wound in theatre. The nurse discharging you home will let you know if this has been done. If local anaesthetic has been used it will keep you comfortable for up to 12 hours after the procedure.

During your discharge home the nurse will dispense any prescribed painkillers for you to take at home, or suggest some simple painkillers that you can obtain from most shops.

Please take these tablets as instructed as they will help to keep you comfortable as your wound heals.

## **How do I care for my wound at home?**

Keep your wound clean and dry. Do not have a bath or shower for the first 24 hours. Please ensure that you have a responsible adult at home with you when you take your first bath or shower. Please do not lock the bathroom door while you are in there in case you feel faint.

If your procedure requires you to wear a scrotal support this will have been supplied and applied in theatre. Please keep the support on day and night for 48 hours. After 48 hours, please wear either the support or supportive underclothes through the day for the first week. This helps to keep swelling to a minimum and helps you feel more comfortable as your wound heals.

You may experience bruising following your operation. This bruising will appear over the next couple of days. Do not be alarmed, it will settle but may take a couple of weeks to fade completely. If you are worried about the amount of bruising or it seems to be spreading please contact your practice nurse at your GP's surgery for advice.

If you have a dressing on your wound please remove this on .....

If you experience any of the following symptoms around your wound site:

- Increased redness or swelling;
- Any discharge from the wound;
- If you feel generally unwell or
- Your wound does not appear to be healing

Please contact your GP or practice nurse for advice. Any of the above symptoms could be a sign of a wound infection and may require antibiotics to enable your wound to continue healing effectively.

Your wound has been closed with:

- Dissolvable sutures
- Sutures that require removal
- Please make an appointment with the practice nurse at your GP's surgery to have your wound checked or your sutures removed  
on.....

As your wound heals it may become hard and lumpy around the suture line. This is due to scar tissue formation and will eventually disappear.

Some patients may experience tingling, numbness, pulling and itching as their wound heals. These sensations are quite normal and are all part of the normal healing process.

## **When can I resume my usual activities?**

It is important to rest today and tomorrow as you recover from your general anaesthetic. However sitting and lying around can lead to problems with your circulation. Please try to balance rest with regular short walks around your house.

Gradually increase your level of activity as your condition improves until you reach a level that is normal for you.

Do not drive for the first 24 hours if you have had a general anaesthetic. Following this you may drive as soon as you feel comfortable to do so. You should feel confident with all movements necessary for driving, wearing a seat belt and be able to carry out an emergency stop without feeling any discomfort before you start to drive again. If you are worried please contact your insurance company for further advice.

## **When can I have sex again?**

You can return to your usual sexual activities once you feel able to without experiencing any pain or discomfort to your operation site.

## **When can I go back to work?**

This will depend upon the particular operation that has been carried out, and the type of work you do. The nurse responsible for your care on the day of your operation will be able to advise you further.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Mr B Blake-James, Consultant Urological Surgeon,  
The York Hospital, Wigginton Road, York, YO31 8HE or  
telephone 01904 725846.

## **Teaching, Training and Research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

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