Now that your procedure is over, you need to take care of yourself at home. These instructions are only for care right after a procedure.

**Pain Control:**

- Prescriptions sent home:

- Do not drink alcohol, drive or make important decisions while taking medicine.
- Non-aspirin over the counter medicine for pain: ________________________________
- You may use an ice pack 15 to 20 minutes each hour.
- You may use moist / dry, cold / warm compresses 15 to 20 minutes each hour.

**What to Expect:**

- Mild to moderate discomfort.
- Varying degrees of swelling. You may use an ice pack for 15 to 20 minutes each hour to reduce swelling and discomfort.

**Wound Care:**

- Remove outer dressing in ___________________________________________________
- Replace dressing with:  
  - No dressing. Leave open to air.
  - Band-aid
  - Dressing similar to original
- Leave wound uncovered a part of each day.
- Apply ointment to wound _____ times a day for _____ days.

**Bathing and Hygiene:**

- You may not get the incision wet.
- You may wash over the incision in _____ hours / days with mild soap and water.
Pat dry.
Do not soak area until after stitches are removed or dissolved (up to 3 to 5 days).
Remove matting and crusting with a warm moist washcloth or moistened Q-tip.

**Activity:**
- You may be numb for _____ hours.
- You may return to work or school on ____________________.
- No limitations.
- Rest for _____ hours / days.
- Elevate ____________________ for 24 to 48 hours.
- No lifting anything greater than 5 pounds for _____ hours / days.
- No driving for _____ hours / days.
- Other: __________________________________________________________________

**Call Your Doctor for:**
- Excessive redness, pain, swelling
- Unusual drainage
- Fever of 101 degrees or higher
- Excessive bleeding. If your bandage becomes soaked with blood, apply pressure directly over the bandage for 5 to 10 minutes. Use a dry towel or washcloth. If the bleeding continues, call your doctor.

**Other:**
- Call the office at (614) 293-8155 for semen analysis.
- Call the office anytime if you have questions and concerns.

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**Other Instructions:**
- Call your doctor's office at ____________ to make a follow up appointment in ________ weeks.
- If you have questions or problems, call your doctor's office at (614) 293-8155.
- If you are unable to reach your doctor, call:
  - The hospital operator at (614) 293-8000. Ask for the Urology resident on call.
  - (614) 293-8333 - OSU Emergency Department