

Information

What is a Varicocele?

A **Varicocele** is where the veins of the spermatic cord become swollen, distended and knotted, forming a scrotal swelling that feels like a “bag of worms”.

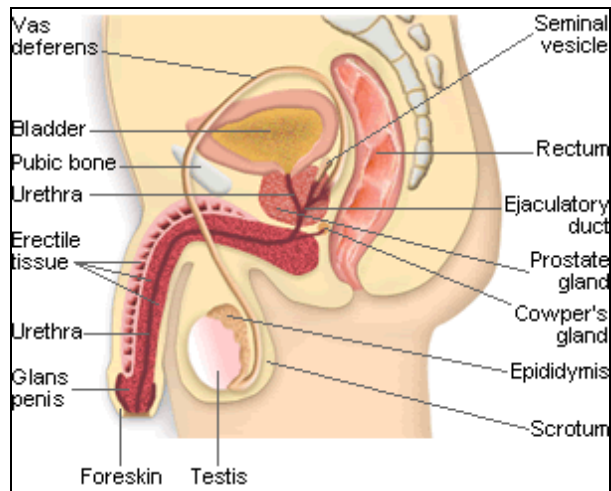


Figure 1: Male Anatomy

What type of Anaesthetic?

General Anaesthesia is the preferred method for this procedure. Your surgeon will place local anaesthetic in the wound at the end of the procedure to minimize discomfort.

What does the Surgeon do?

After you are asleep the surgeon will shave the groin area at the site of incision.

An incision is made in the lower abdomen on the left side. The testicular veins are identified taking care to preserve the artery and principle nerves. Each vein is then ligated. There are generally 2 to 4 veins. The wound is then closed in layers with dissolving, continuous skin stitch. A dressing is then applied.



Figure 2: Varicocele



Figure 3: Distended veins

Are there any Complications?

As with any surgical procedure complications may occur. The major potential problems are post-operative pain, infection and bleeding.

Specific complications of this procedure include:

- Recurrence of Varicoele (45%)
- Hydrocele formation (1-2%) A hydrocele is a painless swelling of the scrotum caused by a collection of fluid around the testicle
- Testicular shrinkage and loss (1%)

Other potential problems include breathing difficulties, allergies, cardiac problems and deep vein thrombosis.

What to expect after the Operation

- You will have a wound dressing around the operation site.
- The site will be closely monitored for swelling, bruising and bleeding
- Report any pain to the nursing staff
- Use regular pain relief during your recovery period
- You will need to bring to hospital firm, supportive fitting underwear, such as jocks to wear after surgery for comfort and to decrease the risk of swelling.

Recovery at Home

Wound Management

- Before discharge from hospital discuss with nursing staff the need for wound dressing
- Continue to wear supportive underwear until reviewed by your surgeon
- Daily shower, taking care not to rub soap into the wound. Let water run over wound and thoroughly pat dry.

Medication

- Continue to use pain medication as prescribed
- Some pain relief medication may cause constipation. To avoid this:
 - high fibre diet (prunes, bran etc)
 - increase fluid intake
 - you may need a laxative (Senokot)

Activity

- driving can be resumed within 24 hours of an anaesthetic, but be wary of abrupt movement whilst driving
- Normal daily activities may be resumed on discharge. Discuss with your doctor precautions in regard to lifting, sport and sexual activity.

You should contact your doctor if you:-

- Pass bright red blood
- Have fever, shivers, shakes
- Wound becomes red, swollen or bruised
- Pain not relieved through regular pain control

Admission Details:

* Hospital _____

* Date _____

* Time _____

FASTING FOR AT LEAST 6 HOURS BEFORE SURGERY

TAKE USUAL MEDICATION ON MORNING OF SURGERY (except aspirin/warfarin)

DO NOT TAKE ASPIRIN/WARFARIN/PERSANTIN ONE WEEK PRIOR TO SURGERY

Expect to stay in hospital for 1-2 nights.
If you envisage difficulties in managing at home after discharge, whilst in hospital ask to speak with a Home Care Nurse



7 Chester Street
East Bentleigh 3165
Amanda Jenkins - Urology Nurse
9563 7899



Mr. Scott Donnellan-Urology Surgeon 9563 7899
Mr. John Kourambas-Urology Surgeon 9563 7899
A/Prof . Sree Appu-Urology Surgeon 9563 7899
Mr David Pan - Urology Surgeon 9563 7899

Patient Information Leaflet

INGUINAL SURGERY (Varicocele Repair)