

## TESE Treatment Instructions

1. Shave scrotum the night prior to the procedure.
2. One hour prior to the procedure, apply Emla cream and cover with cellophane.
3. One hour prior to the procedure, take 1 gram of Keflex (2 500mg tablets) unless allergic.
4. If undergoing general anesthesia, do not eat anything after midnight.
5. Bring a scrotal support (jockstrap) with you.
6. Apply ice to scrotum as tolerated 20 minutes on and then 20 minutes off over the first day.
7. Take pain medicine every 4 hours as needed.
8. Do not drive while taking pain medicine.
9. Remove dressing on scrotum the morning after the procedure.
10. Apply antibiotic ointment to the sutures and cover with a gauze for 3 days.
11. Wear scrotal support for one week as tolerated.
12. Abstain from ejaculation for 72 hours.
13. You may return to work the next day, depending on how you feel and what your work is.
14. You may resume normal activities as tolerated after one week.