

# Varicocele Treatment Instructions

1. Do not eat or drink anything after midnight the night prior to the procedure.
2. Bring a scrotal support (jockstrap) with you.
3. Apply ice to the scrotum as tolerated 20 minutes on and then 20 minutes off for the first 24 hours after surgery.
4. Take the antibiotics as directed until complete.
5. Take pain medicine as needed.
6. Do not drive while taking pain medicine.
7. Wear scrotal support for one week as tolerated.
8. Abstain from ejaculation for 72 hours.
9. You may return to work the next day, depending on how you feel and what your work is.
10. You may resume normal activities as tolerated after 3 weeks.