

After Varicocele Embolization

- A responsible adult driver must take you home and stay with you overnight
- You should not perform any tasks that require coordination, skill or judgment such as driving a car for 24 hours after your procedure
- Do not make any legal or financial decisions for 24 hours after your procedure
- Do not have alcohol or sleeping pills for 24 hours after your procedure
- Start with a light diet such as Jell-O, pudding, soups and fluids the first day. Resume your regular diet the following day.
- You may resume your regular medications. You will be advised when you can restart your blood thinners if you take them.
- Rest for the remainder of the day
- The doctor will recommend what to use for pain

What to expect when you get home:

- Bleeding from the puncture site when you get home is rare. If there is some bleeding, press firmly on the site for 10-20 minutes. If this does not stop the bleeding then please go to the nearest emergency department.
- You may have a low grade back ache or scrotal pain .Take your pain medication as prescribed.
- You may feel nauseated. You may use Gravol as directed on the bottle
- Avoid heavy lifting in excess of 5lbs or exercise for 48 hours. Do not strain while using the toilet or do any activities that increase the pressure in your abdomen.
- The veins above your testicle often become more prominent and tender in the first few days after the procedure. This becomes less obvious although the veins may not disappear completely.
- If you develop a temperature, increased redness or discharge of pus from the site of the puncture then go to the nearest emergency department.

Special Instructions for You:

Last pain medication given at: _____

Other: _____

References:

1. Centre for Interventional Radiology and Oncology (CIRO) Department of Diagnostic Imaging, Varicocele Embolization.