

Varicocele Embolization

Discharge Information

SEDATION

- The sedation you received for your procedure is still in your system. Therefore, we would like you to take it easy the rest of the day and evening. Do not drive and avoid drinking alcohol.

ACTIVITY

- You may participate in normal activities without restriction. However, groin aching and pain at the site of your varicocele may occur for up to a month.
- No strenuous exercising or lifting of heavy objects for the next 2 weeks.
- No sexual activity for 2 weeks.
- You may shower as usual, do not soak the puncture site for 5 days.

SYMPTOM MANAGEMENT

- Some mild discomfort may be present for a month or more.
- To decrease cramping: Motrin 800mg every 8 hours for 2 days, then as needed. Take with food to minimize stomach upset.

WHAT TO EXPECT AFTER THE PROCEDURE

- Groin and testicular discomfort/aching
- Low-grade temperature (less than 100°F) for 2-3 days.
- General tired feeling for up to 1-2 weeks.

FOLLOW UP CARE

- Follow up with Interventional Radiology Clinic in one to two weeks.
- Your Urologist will want to follow up with you in the next 3-6 months

WHEN TO CALL

- Fever greater than 101.5 or chills
- Increasing lower abdominal pain
- Groin swelling at the puncture site

If you experience any of these problems, please call your Urologist or the Interventional Radiology Department at 503-413-7127 and ask them to page the Interventional Radiologist on-call. The Legacy Good Samaritan Hospital Emergency Room is also available 24 hours a day at 503-413-7260.