



Fine needle aspirate testicular biopsy under local anaesthesia Post-Procedure Care

After your FNA testicular biopsy under local anaesthesia for sperm retrieval procedure, you can return home. It is normal to have some mild bruising, tenderness and slight swelling for a few days.

For the first 48 hours after your procedure

- You should wear supportive underwear (briefs not boxers). This is very important to prevent haematoma formation and decrease swelling
- Take it easy, and you can take paracetamol for discomfort
- You can also use ice packs for 20min every hour for discomfort. Make sure the ice is not in direct contact with the scrotal skin to avoid ice burns to the skin
- Avoid excessive exercise, particularly cycling
- Do not take any blood thinners and avoid non-steroidal anti-inflammatory pain medication such as ibuprofen or diclofenac
- You can shower as normal, but avoid using very hot water, and do not rub or press on the scrotum.

Post Procedure activities

You should avoid sexual intercourse or masturbation for three to four days or until pain free and no sign of bleeding. You should avoid strenuous activities, including cycling, for 7 days after your procedure.

Things to watch out for (signs of infection) include:

- increased swelling to the testes or scrotum
- testes or surrounding area is hot to touch
- fever
- discharge or increase bleeding from the wound
- any significant pain in your testes, which cannot be managed with pain killers
- significant increase in bleeding or bruising of the testes or scrotum

If any of these symptoms occur, please contact Dr Alice Huang's rooms or see your GP for assessment and possible antibiotics treatment.

How to contact Dr Alice Huang:

Office Hours: Monday – Friday, 9am – 4pm

Please call (03) 9417 1088 or email reception@dralicehuang.com.au

Emergency After Hours Pager: (03) 9387 1000

In an Emergency, please attend your local emergency department, or either:

The Women's Emergency, Grattan St, Parkville or

Epworth Richmond Emergency, Bridge Road, Richmond

Disclaimer:

This advice is intended as a guide only. Each patient is an individual and treatments may vary. If you have any questions or concerns, please contact our rooms for assistance.