

Varicocele embolisation: aftercare

You have had a varicocele embolisation to treat your varicocele.

This was performed by Dr _____

Date and time: _____

Blood pressure/Pulse on discharge: _____

Clinical condition on discharge: _____

What to expect afterwards:

- We will observe you for 30-60 minutes in the recovery area before you go home. You should be accompanied home by a friend or relative. They should remain with you for 24 hours if you have received sedation.
- Rest, take it easy and avoid strenuous activity for the next 24-48 hours.
- You may have pain, bruising and discomfort near/around the incision site. This should improve over the next 24-48 hours. Please take painkillers for relief, either at home or ask the nursing staff if in hospital.
- Slight oozing from your wound site is normal, if you see fresh blood or bleeding, put pressure on it immediately. If it does not stop after 10 minutes of pressure, then call for help – please attend the Emergency Department (A&E) or call 999.
- Varicocele embolisation is a low risk procedure. However sometimes patients may experience:
 - Lower abdominal, groin or scrotal pain that is due to mild inflammation within the plugged testicular vein. In most cases, the pain will ease within two weeks. Please take painkillers.
 - A **very rare** risk that is that the plug (coil) could move from the testicular vein and lodge in your heart or lung. You may notice chest pain and if this happens, you should attend the nearest Emergency Department.

Pain relief

If you have the following painkillers at home, take as follows if it is safe for you to do so:

- Paracetamol – do not take more than 8 tablets in 24 hours (unless you have been advised otherwise e.g. you have a reduced liver function).
- Anti-inflammatory – Ibuprofen, Aspirin, etc. You can take one of these in addition to paracetamol if you have moderate pain (unless you have been advised otherwise e.g. you have a duodenal ulcer).

As healing occurs, you will feel less pain. Once your pain is controlled and is mild, you should only take paracetamol. If your pain remains severe for more than three days or is not relieved by your painkillers, you should contact your GP.

How long should I keep my plaster on for?

Try to keep your wound dry for the next 48 hours after which you can remove the dressing and clean it normally. If you find your wound is still open, redress it with a plaster until it heals.

When can I resume my normal lifestyle?

You should be able to resume most normal activities of daily living within 24 hours. Avoid heavy lifting or strenuous exercise for one week following this procedure.

When can I drive?

If you have been given local anaesthetic only, you may drive four hours after the procedure, assuming your pain is controlled and you can safely apply the brakes to perform an emergency stop. If you were given sedation then you should not drive for the next 24 hours (see separate information sheet).

What happens next?

The doctor who carried out your procedure will usually conduct a follow up ultrasound and consultation 4-8 weeks after the procedure to assess your response.

Contact us

Radiology Day Case Unit on 0118 322 8368 (Monday-Friday 8.30am-5pm).

Out of hours, please attend Royal Berkshire NHS Foundation Trust Emergency Department or your nearest Emergency Department (A&E).

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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Next review due: September 2025