Please read through the following information and instructions that are specific to the procedure you had today.

**Fine Needle Testicular Biopsy under GA**
- Recovery should take about 1 week.
- It is normal to have some bruising, tenderness and slight swelling for a few days.
- For the first 24 hours after procedure:
  - Make sure you get adequate rest and avoid heavy lifting.
  - Wear supportive underwear.
  - Avoid excessive exercise, particularly cycling.
  - Do not drive a car or operate machinery.
  - Do not drink alcohol.
  - Do not sign any legal documents.
  - Please take care when walking and moving about as it is normal to feel light-headed after anaesthetic and pain medications.
  - Be aware of signs of infection, see below.

**Open Testicular Biopsy under GA**
- Recovery will take 1–2 weeks.
- For the first 24–48 hours after procedure:
  - Make sure you get adequate rest and don’t attend work.
  - Continue to regularly take analgesia such as Panadol or Panadeine or Panadeine Forte, if prescribed by the doctor, every 4–6 hours.
  - Wear supportive underwear.
  - Avoid excessive exercise, particularly cycling.
  - Do not drive a car or operate machinery.
  - Do not drink alcohol.
  - Do not sign any legal documents.

- It is quite normal to have some bruising, swelling and tenderness for the next 4–5 days.
- No heavy lifting for at least 5 days.
- You have sutures, and they are dissolvable. They do not need to be removed and will dissolve on their own.
- You may resume intercourse after 7 days if you feel comfortable unless the doctor states otherwise.
- Be aware of signs of infection.

**Signs of infection**
Symptoms may include:
- Any significant pain in the testes which cannot be controlled by simple analgesia.
- Significant swelling of testes or scrotum.
- A significant increase in bleeding or bruising.
- Your temperature is above 38 degrees.

If you develop any of these symptoms, notify your treating physician if you are a private patient.

Alternatively, call the Reproductive Services nurses on (03) 9473 4444 between 7.30am and 4.30pm Monday to Friday, 7.30am and 3.30pm Saturdays, or attend your nearest hospital emergency department.