

WHAT CAN I EXPECT IN TERMS OF PLANNING AND RECOVERY FROM AN FNA MAPPING PROCEDURE?

Before the FNA Mapping Procedure:

1. Do not take aspirin, Advil, Motrin or any ibuprofen containing medications at least 10 days prior to the procedure. These medications have a side effect that can reduce platelet function and therefore lower blood-clotting ability (i.e. are mild blood thinners).
2. On the day of the procedure, please remember to do the following:
 - A) Wear loose and comfortable clothing.
 - B) Do NOT bring valuables or large amounts of money with you.
 - C) Bring a "jock strap" or wear tight briefs.
3. Eat a light breakfast or lunch on the day of the procedure.
4. If you plan to take Valium 1 hour before the procedure, **make sure you have someone available to drive you** to and from the procedure. Driving while taking Valium is dangerous.
5. PLEASE SIGN THE CONSENT FORM BEFORE THE PROCEDURE. If you have taken valium before the consents are signed, then the procedure will be **cancelled**.

After the FNA Mapping Procedure:

1. Remove the dressing from inside the athletic supporter in 24 hours; continue with the scrotal support for 2 days and then return to normal your underwear. You can shower the day after the procedure.
2. Apply frequent ice packs to the scrotum the night of surgery and the next morning. Do this by placing a thin towel on the scrotum (or scrotal support) and

lay frozen peas (or mixed vegetables) in the bag on top of the towel. Keep the scrotum cool not cold. After 24 hours, discontinue the ice. You can apply moist heat (sparingly) to the scrotum after 5 days.

3. Prescribed pain medication can be taken as directed. Extra-Strength Tylenol can also be taken, one or two pills every 6 hours as needed. Do not take aspirin-like drugs like Ibuprofen (Advil, Motrin) for at least 3 days after surgery, to allow your blood to clot normally.

4. There are no sutures to remove. Scrotal swelling will peak in 24-48 hours and may take several days to weeks to resolve after that.

5. Resume a normal, well-balanced diet when you return home. Be sure to include lots of fluids.

6. Normal, **non-vigorous** activity can be restarted after 24 hours or when you feel better. Activities that cause discomfort should be stopped for the time being. Heavy activities such as jogging and weight lifting can be resumed in 5 days. You may return to work when comfortable.

7. Refrain from sexual intercourse for 5 days.

8. Dr. Turek will call you at home in 10-14 days to discuss the FNA findings. Please call **415-392-3200** for results if you do not hear from him within 2 weeks..

9. You may experience discomfort after the procedure. Common discomforts or symptoms include the following and do not require a doctor's attention:

A) Bruising and discoloration of the scrotal skin. This will take one week to go away.

B) A small degree of scrotal swelling.

10. Postoperative complications are rare. If either of the following occurs, you should seek prompt medical attention by calling Dr. Paul Turek or one of his associates at **415-392-3200**:

A) **Wound Infection.** This may be associated with a fever, a warm, swollen, red and painful incision area, with pus draining from the site. Antibiotics are neces-

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sary to treat this.

B) **Scrotal Hematoma.** Extreme discoloration (black and blue) of the skin occurs from bleeding underneath and can cause throbbing pain and a bulging of the wound. This may need to be drained.

Other Instructions:

Seven horizontal lines for writing other instructions.

PATIENT SIGNATURE

PROVIDER SIGNATURE

FULL NAME (PLEASE PRINT)

PROVIDER NAME

DATE

DATE

THE TUREK CLINIC

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