

MINIMALLY INVASIVE SURGERY · UMIBA

Bilateral laparoscopic varicocelectomy

You are about to undergo a bilateral laparoscopic varicocelectomy. The procedure ties off and divides the gonadal veins (the veins that return blood from the testicles), aiming to control the varicocele on both sides and, with it, the decline in sperm function. In the laparoscopic approach, the surgery is performed through entry ports (trocars) that reach the abdominal cavity via very small incisions. This technique achieves excellent results with minimal recovery time.

Preparation

Proper preparation before surgery is important.

- Do not take aspirin for 10 days before surgery.
- Buy a pair of surgical anti-thrombotic (compression) stockings at a medical-supply store. They should reach the groin and provide medium compression.
- Arrive on the day of surgery having fasted for 8 hours (nothing by mouth). If you take morning medication, you may do so with a small sip of water.
- Bring all your imaging studies, the complete pre-surgical work-up, and your insurance authorization.
- You will be admitted several hours before your surgery.
- Urinate before being taken to the operating room.

Recovery

You will be discharged on the day of surgery once you have resumed eating and walking.

- Avoid physical exertion.
- You may drive three days after surgery.
- Wash the wounds with soap and water and leave them uncovered.
- The stitches fall out on their own.
- Resume your usual medication.
- Eat a varied diet, avoiding foods that cause constipation.
- You will be given pain relievers in case you have pain; you will have shoulder pain for 2 to 3 days. This is caused by the gas used during surgery.
- You may drink alcohol.
- Even after successful surgery, you may still feel the veins on palpation.

Complications

Although very uncommon, intraoperative bleeding can occur that lengthens the hospital stay and prevents same-day discharge. As with any procedure, infection is possible; if it happens, you will need antibiotic therapy afterward.

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