

The Lloyd Release Procedure for groin pain

Day case surgery

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Information for Patients

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Advice after your procedure

- The stitches in your wounds will dissolve in a few weeks and do not need to be taken out
- Please take your pain killers regularly
- It is normal for you to develop some bruising and swelling of our scrotum and groin area, but this will usually settle over a few weeks.
- **Do not worry** if the bruising extends over whole groin area, penis and scrotum, and becomes black. This may last for a few weeks but it always settles.
- You should try to return to normal household activities as soon as possible and you can bathe and shower after 24 hours. It does not matter if your wounds get wet but try to keep a dry clean plaster on the wounds. The plasters can be taken off at 7 days.
- If you have swelling in the groin area, put an ice-pack wrapped in a tea towel on the swollen area for 15 minutes, 2-3 times a day. If your wound becomes hot, hard red or painful you should have them checked by the nurse at your GP surgery.
- **You cannot drive for 24 hours because you have had a General Anesthetic. Legally you should only start driving when you feel comfortable enough to do an emergency stop.**
- If you have any problems contact your GP or ring 111 for non-emergency medical advice

Rehabilitation:

In general there is absolutely no restriction to activity. If you feel comfortable you should begin stretching and gentle exercises within 24 hours of surgery. You will not do any harm if you start running, cycling training or lifting 48 hours after surgery. Some patients will have ongoing problems with pain and feel their original symptoms haven't improved. You should be reviewed in the out patient clinic if this doesn't settle after several months.

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The main activities you should consider are:

1. **Compression** - try to wear tight shorts to compress the groin
2. **Ice Treatment** - apply an ice pack for 10 minutes, 2 or 3 times a day to reduce swelling
3. **Stretching** - stretch the leg and groin several times a day
4. **Mobility** - be as mobile as possible

Weeks 1 to 2 after your procedure

- Please wear some kind of compression shorts for the first few weeks. You can use simple cycling shorts with added compression in the groin area using a pair of football socks or something similar placed inside the shorts along the crease of the groin. This will reduce swelling and improve recovery.
- After 2 or 3 days, you should try some stretching exercises (such as “Open the gate” and lunges) for 2 - 3 minutes in the morning, noon and night. Try and do as much stretching as possible without cause too much pain. Stretch up to your pain threshold and try to hold each stretch for several seconds.
- After each time you stretch, put an ice pack (ice wrapped in a thin towel/cloth) over the groin area to prevent swelling for 10 minutes each time.
- Stretch every day, together with using the ice-pack for between 7 and 10 days. After icing, put your compression shorts back on and keep them on day and night.
- During the first few weeks after the operation you should try and exercise on a daily basis with the aim of keeping some flexibility in your leg muscles.
- Exercising on a static bike for 15-30 minutes is helpful. You can do more if you feel able to. A cross-trainer or rowing machine is also useful.
- Swimming breaststroke is excellent for rehabilitation after a Lloyd Release Procedure. Start swimming one week after your procedure and try to do 15-30 minutes or more every few days. The more exercise you do (up to your pain threshold) the better.
- Most people take 2 weeks off work but there is no harm if you return earlier than this.

Weeks 2 to 4 after your procedure

Increase your daily activities as much as you can. Impact exercises like using a running machine, or jogging are good at this stage. Continue stretching and try and do core strength exercises too. Aim to return to work at around two weeks after surgery and return to sport at around 4-6 weeks if comfortable. You may still feel some discomfort for 6 -12 weeks but this usually settles.

Contact numbers for Day Case: 0116258 4192 / 0116258 8130

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or call 111 for non-emergency medical advice**

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