

Instructions for Patients After:

- Hydrocelectomy
- Spermatocelectomy
- Epididymectomy
- Testicular biopsy
- Orchidectomy
- Varicocelectomy

Read this brochure to learn about:

- How to take care of yourself at home
- What activities are safe
- How to take your medication
- Problems to watch for
- When to make follow-up appointment



You have had an anesthetic or narcotic medicine.

- Do not drive a car or drink alcohol for 24 hours.
- Have a responsible adult stay with you overnight.



What is a hydrocelectomy?

A hydrocele is fluid that collects around the testicles. It is usually painless. Your surgeon does a **hydrocelectomy** to remove the fluid that is in the sac by making a cut into the hydrocele.

What is a spermatocelectomy?

A spermatocele can be a lump inside the scrotum filled with fluid and dead sperm cells. It can also be formed because of an infection or injury. A **spermatocelectomy** removes the lump from the scrotum.

What is an epididymectomy?

An **epididymectomy** is a surgery that removes the epididymis (the tube found on the back of each testicle). Epididymitis is caused by an infection that spreads from the urethra or the bladder.

What is a testicular biopsy?

A testicular biopsy takes a small sample from one or both testicles to be tested.

What is an orchiectomy?

An **orchiectomy** removes your testicles because of swelling caused by a bacterial infection or an abnormal growth on the testicles.

What is a varicocelectomy?

A **varicocelectomy** fixes varicose veins in the scrotum to help blood flow properly to the penis and testicles. Sometimes this surgery increases your chances of having children.



What can I eat and drink after my surgery?

You can go back to eating and drinking what you normally would right away.

- If you feel nauseated (sick to your stomach) or you are vomiting, you can get anti-nausea medication such as Gravol. You can buy it from your pharmacy without a prescription.
- Follow the directions on the bottle and keep drinking fluids until the nausea passes. Then gradually return to what you would usually eat.



How much activity is safe?

You can go back to most of your normal activities.

For the first 6 weeks after your surgery:

- **NO heavy lifting** (more than 10 lbs or 5 kilograms). For example: do not carry groceries, or lift young children or pets.
- **NO strenuous exercises**. For example: no gardening, shovelling snow, jogging, golfing or skiing.
- **NO swimming** for 6 weeks.
- **Do NOT strain when you are having a bowel movement.**



When can I have sex?

You can have sex when your surgeon says it is safe.



When can I shower or bathe?

You can take a shower 48 hours after your surgery.

- When you shower, remove the bandage carefully and do NOT remove drain. Pat the area dry and cover the incision (cut) again with clean gauze.

You can start taking baths again 3 or 4 weeks after your surgery.



How do I care of my wound?

- Your dressing may be removed after **2 days**.
- Keep the wound clean by always wearing clean underwear.
- Your stitches will fall off on their own.
- Wear scrotal support or jockey underwear for 1 week.



Follow these steps to change your gauze (bandage):

1. Wash your hands before touching the bandage or the drain.
2. Remove the bandage carefully so that the drain is NOT removed.
3. Cover the wound and the drain with a 4X4 gauze and tape. You can buy the gauze at your local pharmacy.

Your surgeon may arrange homecare (nurses providing your care at home) from the Local Health Integration Network (LHIN) Home and Community Care.

The nurses in the hospital will let you know if your surgeon's office has arranged this. They will also give you supplies to start, if needed.

To contact LHIN call: 416 506 9888.



How do I cope with the pain?

It is normal to have pain after this surgery. The pain should get better with time.

We may give you a prescription for pain medication. Take it to a pharmacy to have it filled and follow the directions for taking the medicine.

- Take the pain medicine every 4 to 6 hours for the first day, if you are feeling pain.
- After the first day, slowly take less. Take less and less until you don't need any medicine. You could also change your medicine to Tylenol Extra Strength and take 1 to 2 pills only when you feel pain.

Pain medicine can make you constipated. If you have not had a bowel movement in 3 days or if you have trouble having a bowel movement, you may be constipated.

To prevent constipation:

- Drink about 3 to 5 glasses of water every day. Each glass should be about 8 ounces.
- Eat foods high in fibre like bran and fruit.
- If you have not had a bowel movement for 3 days, take 30 ml of Milk of Magnesia. You can buy this from your pharmacy without a prescription.



Problems to watch for:

Call your surgeon or go to the nearest emergency department if any of these problems below happen to you:

- A lot of pain that does not go away after you take pain medicine.
- Your drain falls out.
- A lot of bleeding.
- Fever (temperature higher than 38 °C or 101 °F)
- Redness or more pain than usual around the incision.
- Yellow fluid leaking from the incision.

My follow-up appointment

You must have a follow-up appointment with your surgeon. Call your surgeon's office to make an appointment if one is not made for you.

- Dr. Elterman 416 603 5033
Main Pavilion – 8th Floor (Room 317)
- Dr. Hassouna 416 603 5018
Main Pavilion – 8th Floor (Room 306)
- Dr. Radomski 416 603 5713
Main Pavilion – 8th Floor (Room 304)
- Cystoscopy Department
East Wing – 4th Floor

Date: _____

Time: _____



Notes

For more information visit our website at www.uhn.ca or www.uhnpatienteducation.ca

Visit www.uhnpatienteducation.ca for more health information.

Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: pfep@uhn.ca

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