

About Your Surgery

Simple orchiectomy

This handout explains how to prepare for a simple orchiectomy. It tells what to expect after surgery and gives important self-care instructions.

What is an orchiectomy?

An *orchiectomy* is surgery to remove one or both testicles.

How to Prepare

- Be sure to talk with your doctor if you have any questions or concerns about your surgery.

Night Before Surgery

- After midnight the night before your surgery, do **not** eat or drink anything.

Day of Surgery

- If you must take medicines on the morning of your surgery, take them with **only** a small sip of water.

After Your Surgery

Precautions

For 24 hours after your surgery, do **not**:

- Drive.
- Use machinery.
- Eat any heavy or large meals. A heavy meal may be hard to digest.
- Eat spicy or greasy foods.
- Drink alcohol.
- Make important decisions. The medicine you received during surgery can make it hard to think clearly. It can take up to 24 hours for this medicine to wear off.



Be sure to talk with your doctor if you have any questions or concerns about your surgery.

Self-care

You will go home wearing an athletic supporter. You will need to wear it for 1 week.

For the first 24 hours after your surgery:

- Rest. This will help reduce swelling.
- Apply cold packs (such as a bag of frozen peas) to your groin area to help reduce swelling:
 - Cover the area with a towel first. Do **not** place the cold pack directly on your skin.
 - Leave the cold pack on for 20 minutes, then off for 20 minutes for the first 24 hours after your surgery. Be sure to keep the area cool, **NOT** cold.
- Wear loose, comfortable clothing.
- Keep the incision area clean and dry.

What to Expect

You are likely to have some discomfort after your surgery. These symptoms are normal and do not need a doctor's care:

- Bruising and changes in the color of your scrotum and at the base of your penis. This may take 1 to 2 weeks to go away.
- Some swelling of your scrotum.
- Some thin, clear, pinkish fluid draining from the incision. This may last for a few days after surgery.

If you had *general anesthesia* (medicine that made you sleep during surgery), you may also have a sore throat, nausea, body aches, or constipation. These symptoms should ease over the next 2 days.

Diet

- After surgery, start with clear liquids or something light. Clear liquids include water, broth, clear juices (such as apple or grape), tea, or coffee. Slowly add your usual foods to your diet as you can handle them.
- Drink plenty of water to keep hydrated.

Pain Medicines

- For mild discomfort, take acetaminophen (Tylenol and others) or ibuprofen (Advil, Motrin, and others).
- For moderate pain, take the pain medicine your doctor prescribed. If your doctor prescribed:
 - **Vicodin:** Always take Vicodin with food in your stomach so that you do not get nauseated.
 - **Norco:** Do **not** take acetaminophen while you are taking Norco.
 - **Other pain medicine:** Ask your doctor or nurse if it is safe to take acetaminophen while you are taking other pain medicines.
- Do **not** drive while you are taking prescription pain medicine.

Day After Surgery

- If you do not yet have a follow-up appointment, call the Men's Health Center at 206.598.6358. Your follow-up visit should be 1 to 2 weeks after your surgery.
- Your pain and swelling may be worse today than yesterday. Keep using cold packs until 24 hours after your surgery.
- You may have some bruising around your incision site, scrotum, and on your penis. This is normal.
- Remove **all** dressings from inside the athletic supporter 24 hours after your surgery.
- Keep wearing the athletic supporter for 1 week.

Incision Care

- Your incision will be closed with *sutures* (stitches). It may also be sealed with surgical glue.
- Expect a small amount of bloody discharge from your incision.
- You can shower after you remove the dressings. After you shower, use a clean towel to gently pat dry the incision area. Be sure the area is dry before you get dressed.

After the 2nd Day

- You may resume normal, **light** activity 24 hours after your surgery, or when you feel better.
- Avoid heavy exercise or heavy lifting for 7 days. After that, you can return to your normal activities. Let your body be your guide. If what you are doing is causing discomfort, slow down or stop and rest.

- Avoid all sexual activity, including masturbation, for 1 week.
- The sutures will dissolve and do not need to be removed. It may take 2 to 3 weeks for them to dissolve all the way.
- If surgical glue was used to seal your incision, it will begin to “flake off” after a few days.
- You may return to work when you feel comfortable enough to do so.

When to Call

You do not need to call if you have these normal symptoms:

- Some bloody discharge from your incision
- Some bruising around your incision site

But, call the Men’s Health Center at 206.598.6358 if you have:

- Fever higher than 101°F (38.3°C)
- Shaking and chills
- Nausea and vomiting
- Allergic reactions to the drugs, such as hives, rash, nausea, or vomiting

Also call the Men’s Health Center if:

- Your incision site becomes red, painful, or pulls apart.
- The amount of swelling around your incision site concerns you.
- You are concerned about any other symptoms.

Go to the Emergency Room if:

- You need medical care after hours or on a weekend or a holiday.

Questions?

Your questions are important. Call or send an e-care message to your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call the Men’s Health Center at 206.598.6358.

After hours and on weekends or holidays, call this same number or go to the Emergency Room.