



## Patient Instructions

# Hydrocelectomy

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A hydrocelectomy is the surgical procedure performed under general anesthetic to remove a hydrocele. A hydrocele is a fluid-filled sac surrounding a testicle that results in swelling of the scrotum.

After your surgery, your physical activity should be restricted for the first 48 hours. You should avoid heavy lifting any heavy objects (anything greater than 15 pounds) during the first 7-10 days following surgery. If you work, ask your doctor specifically about any restrictions.

You will have stitches in your scrotum and you may have a drain in as well. Your incision will be covered with a dressing and an athletic support will be on to apply pressure on the area and to help control swelling and bleeding. The athletic support and dressing may be removed to urinate and then replace the athletic support and dressing after you are done urinating. If you have a drain you will be instructed on when the drain can be removed and also when the athletic support can be discontinued. You may shower the day following surgery, but avoid scrubbing the area of your incision. Please dry the area well after your shower. No tub baths until after the follow up appointment with your doctor.

Do not be surprised if there is mild testicular swelling, bruising and pain on the same side that the surgery was performed. This is quite typical following surgery, and may actually last 4 to 6 weeks following surgery. Your doctor will give you a prescription for a pain medication. Ice packs may help with swelling and pain. Please apply ice packs (on for 15 minutes and then off for 15 minutes). Please do not place ice directly to the skin.

Please call 249-3900 and ask to speak to your doctor's triage nurse if you have any problems or questions.