



## Patient Instructions

# Orchiectomy

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Orchiectomy is the removal of the testicle. The penis and the scrotum, the pouch of skin that holds the testicles, are left intact.

After your surgery, your physical activity should be restricted for the first 48 hours. You should avoid heavy lifting (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 groin area. Your incision may be covered with a clear plastic dressing and an athletic supporter and fluff dressings will be on to put pressure on the area to help control swelling and bleeding. Please take the athletic supporter and dressing off to urinate and then replace the athletic supporter and dressing after you are done urinating. 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 swelling and pain on the 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 for 24 hours post operatively may help with swelling and pain (on for 15 minutes and then off for 15 minutes.) Do not place ice directly on the skin.

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