



Royal Berkshire
NHS Foundation Trust

Advice following testicular surgery

Adult Day Surgery Unit

This leaflet gives advice to aid your recovery following your procedure on the Adult Day Surgery Unit (ADSU).

Types of testicular surgery

- **Orchidopexy:** This is an operation where a cut is made in the groin, through which one or both of the testicles are moved into the normal position in the scrotum. Another small cut is made in the scrotum, where the testicle(s) is fixed into position.
- **Fixation of testicle:** This is an operation where a cut is made in the scrotum and the testicle is fixed into position. This is performed to secure the testicle(s) within the scrotum so it does not move out of position or get twisted.
- **Orchidectomy:** This is an operation to remove one or both testicles. A small cut is made in the scrotum and the testicle removed.

After the operation

- You will have a dry pad / dressing over the wound to absorb any discharge.
- You can take a shower 24 hours after the procedure, to help heal the wound. You may then leave the wound uncovered to speed up the healing process.
- You have dissolvable stitches, which may take from four to six weeks to dissolve.
- It is normal to experience moderate bruising and swelling from the operation, which will be uncomfortable. To help reduce this, it is important that when you leave hospital, you:
 - Rest quietly for three days.
 - Wear supportive underwear (day and night) for one to two weeks.

- It is normal to experience some pain and discomfort following your operation and whilst the wound is healing. You should take regular painkillers to relieve this.
- If there is extreme redness, swelling or discharge, please contact your GP.
- Do not wear loose fitting underwear such as boxer shorts.
- It is advisable to stay off work for ____ weeks following the operation. You may need to refrain from work for longer than this, depending on the healing process and your type of work. Please make an appointment with your GP if this needs to be reviewed.
- Please refrain from driving for three to five days after your operation. Please check with your motor insurance company prior to resuming driving.
- Do not take part in any sporting activities for six to eight weeks. This may be longer for contact sports.
- You may resume your normal sexual activity when your wound is healed and you feel comfortable.

If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622.

Opening hours are 7.30am to 10.00pm Monday-Friday. If you need help/advice outside these hours, please telephone Hopkins Ward on 0118 322 7771.

Please note that this should be for emergencies only.

After 24 hours, please seek advice from your GP or call 111.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

ADSU, January 2025

Next review due: January 2027