

- You can shower the day after your surgery. Do not let the water pour directly on your incision or soak in the bathtub until 7 days after surgery.
- A small gauze dressing over your incision will stop your clothes from rubbing against the incision.
- Avoid heavy lifting or trauma to the region like riding bicycles or motorcycles.

Discomfort and/or pain

- You will feel soreness or pain but this is alright. Pain medication should be taken as needed.
- Take pain medication regularly for the first 24 hours and before doing any activity that may cause discomfort (such as walking, heavy exercise).

Activity

- If you are admitted to hospital, your nurse will help you to sit at your bedside the first evening after the surgery.
- The day after your surgery, your nurse will help you walk in the hall/ ward. Moving early after surgery helps you heal faster.
- You are usually able to go home the day after your surgery.

At home

- Plan to get plenty of rest during the first few weeks after you leave the hospital. Slowly go back to doing your usual daily activities (such as household chores and exercises).
- Walking is the best exercise.
- Ask your doctor when it would be alright to return to work or sexual activity.

Healthy food

- Keep following your usual diet
- Foods high in fibre (such as fruits, vegetables, bran, and prunes) and fluids help prevent constipation

IV. Kindly contact us via the following numbers

UMMC general line Surgical Clinic UMMC Urology ward (9TD)

- 03-7949 4422
- 03-7949 2736 (Office hours only)
- 03-7949 4328 / 6712



ORCHIDECTOMY

UNDERSTANDING ORCHIDECTOMY

I. INTRODUCTION

What is an orchidectomy?

It is a surgical procedure to remove one or both testicle.

Your testicles make male sex cells (sperm) and male hormone (testosterone). The testicles are found in the pouch-like sac (scrotum) below and behind the penis.

There are a few indications for this procedure;

- Testicular cancer
- To reduce the male hormones in the body to suppress the growth of prostate cancer

Non-viable testis after an episode of torsion

- Testicular abscess
- Testicular trauma

What are the benefits of this surgery?

If it is due to testicular cancer, it reduces the likelihood for it to spread elsewhere and if it is due to prostatic cancer, it suppresses the disease progression. It also prevents infection to spread through the blood stream to the whole body.

What are the risks of this surgery?

There might be a risk of post-operative swelling, blood clot formation and infection as well. Besides, removing both the testicles will reduce your overall testosterone as well.

What are other options if I do not choose this surgery?

It depends on the indication of the surgery itself.

This means - if it is due to infection, there is a role of antibiotics only albeit it might not be successful all the time. If it is done after an episode of torsion or trauma, leaving a non-viable testis might predispose the testicle to become a source of infection.

If both the testicles are not removed for the treatment of prostatic cancer, there is a role of regular hormonal injections to suppress the male hormones. If it is done for testicular cancer, there are not many options as chemo-radiotherapy will be rendered ineffective without removing the primary tumour.

II. BEFORE THE SURGERY

You will need to have some tests if you are having your surgery under general or spinal anaesthesia (medicine to put you to sleep).

This will be done in the pre-operative Anaesthetic Clinic where the Anaesthesiologist will draw your bloods, do an electrocardiogram (ECG) and a Chest X-Ray; besides reviewing your general medical health, your medications and fitness for surgery. This is to make sure everything is safe for you to go to the Operating Room.

If you are having your surgery under local anaesthesia (numbing only the specific area being treated), you do not usually need these tests.

III. AFTER THE SURGERY

If you had your surgery under general or spinal anaesthesia:

- You will be taken to a special recovery area and your breathing, pulse, and blood pressure will be checked often.
- An ice pack will go on your scrotum to cut down on swelling.
- You may be able to go home when you are fully awake and stable. If you have other medical problems or live a long way from the hospital, you may be taken to a hospital room.

If you had your surgery under local anaesthesia:

- You will be taken to the recovery area for 30 minutes before you go home.
- An ice pack will go on your scrotum to cut down on swelling.
- You must plan for someone to drive you home and care for you.

Intravenous (IV) and/or food

If you are admitted to hospital, you may have an IV in your arm or hand for medication and/or fluids. It is usually taken out within 24 hours when you are able to eat and drink well.

Care of your wound

- There will be a dressing over the incision on your scrotum or groin. You should gently clean the incision with normal saline (a salt solution) once a day.
- Put on a new dressing after cleaning the incision.
- You will have stitches or small strips of tape to help hold the incision closed. The stitches will dissolve within 2 weeks. The small pieces of tape should be left in place until they fall off.
- Please wear supportive (snug) underwear at home such as briefs.
- It is expected to have some bruising and swelling.