

# Orchiectomy

## postoperative instructions

### What is it?

Orchiectomy is the surgical removal of a testicle.

### After surgery, what should I expect?

Because the scrotum is a low-pressure sac that hangs outside of the body, it is more susceptible to bleeding. For this reason, it is important that you remain inactive except for brief walks the day of your surgery. You will also awake with a small incision through which your doctor performed the surgery. It is not uncommon to see some blood in your urine or feel some burning upon urination for up to three days after your surgery. Occasionally your doctor will also put a small stent in place to assist with urination. This can cause some bleeding and will be removed when your doctor decides.

- Expect some bleeding and oozing around the incision for the first week after surgery.
- Red/pink urine is not uncommon the first few days after surgery.
- Swelling of the testes is not uncommon for the first 48 hours after surgery. You may want to use a bag of frozen peas wrapped in a towel to help reduce the swelling.

### Diet and activity after surgery

- After surgery you will be given clear liquids such as broth, juices or gelatin. As you are able to tolerate it, you will return to a regular diet.
- Abdominal distention, constipation or bloating: Take a Colace OTC. If you have no movement after 24 hours it is fine to use a Docolax suppository. Do not strain during your bowel during movement.
- You will be asked to walk soon after surgery to return circulation, breathing and bowel function back to normal. This is very important in preventing the occurrence of blood clots.
- Avoid strenuous activity for two to three days after surgery to allow healing. Once outside of the three-day window, you may walk and start to gradually add activity as your body tolerates it.
- Walk at least three times a day, gradually increasing your distance.
- You may shower 48 hours after surgery. Be sure to rinse the incision site carefully and pat dry. Avoid soaking in water of any kind (bathtub, hot tub, lake, swimming pool, etc.) until the incision site is completely healed.
- Avoid lifting any weight over 15 pounds for the first two weeks after surgery.
- Your wound should begin to heal within two days, and your absorbable stitches should disappear in 10 to 12 days.

### If you experience any of the following, please contact our office:

- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Difficulty passing urine.
- Large amounts of drainage from incision site or opening in the site.

**Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.**

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