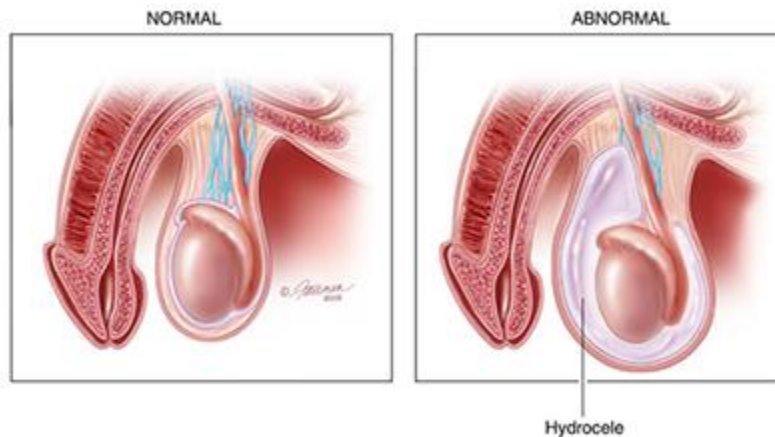


## **Hydrocelectomy**

### **What is a hydrocele?**

A hydrocele is a collection of fluid in the scrotum that drains downward from the abdominal cavity. The most common symptom of a hydrocele is a painless, swollen testicle on one or both sides. A hydrocele can easily be detected by shining a flashlight through the enlarged portion of the scrotum. If a hydrocele is present, the scrotum will “light up.” A testicular ultrasound can also be useful in determining if a hydrocele is present.



The term for surgical removal of a hydrocele is *hydrocelectomy*. A hydrocele only requires treatment if it gets large enough to cause discomfort or disfigurement.

### **What happens during a hydrocelectomy?**

Once you are asleep in the operating room, the surgeon will make an incision in the scrotum to remove the hydrocele. It is possible for a hydrocele to reoccur, but the chance is very low.

### **What can you expect after a hydrocelectomy?**

- You will be advised to wear a tight pair of jockey shorts or an athletic supporter for the first 4 to 5 days, even at night while sleeping. This will help immobilize the scrotum and will help to minimize scrotal swelling.
- You will be advised to ice the scrotum. Ice is a good pain reliever and keeps swelling down. Using an ice pack, *place over the clothing, not directly on the skin for the first 48 hours*. You should do this in 15-minute increments (15 minutes on, 15 minutes off).
- You will be advised to elevate the scrotum while resting. This can be done by rolling up a hand towel and placing it under the scrotum to keep swelling down.
- You may shower 48 hours after surgery. Avoid tub baths, hot tubs, pools or anything else that involves submerging the scrotum in water for the first 2 weeks.
- Physical activity should be restricted the first 48 hours following surgery.
- Avoid heavy lifting (anything greater than 10 pounds) during the first 7 to 10 days.
- Avoid strenuous exercise during the first 7 to 10 days.
- Absorbable sutures will dissolve within the first 10 to 20 days. Some may fall out earlier.
- Expect some redness as the sutures dissolve, but this should occur only around the sutures.

- The scrotum will likely become “black and blue”. The black and blue is followed by a yellow and brown color. In time, all this discoloration will go away.
- You may expect the testicle to become enlarged, tender and firm following surgery due to swelling or inflammation.

### **When should I call the doctor after my hydrocelectomy?**

Call your doctor if you experience:

- Temperature over 100.4 degrees
- Heavy bleeding or passing of blood clots in the urine
- Inability to urinate
- Severe burning or pain with urination
- Chest pain, difficulty breathing, or shortness of breath
- Redness to the scrotum or drainage coming from the wound - remember it is common to have *slight* redness around the wound