

# Hydrocele Repair: Adult

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## What is a hydrocele repair?

A hydrocele is a fluid filled sac that surrounds the testicles. It could surround one or both. The surgeon makes a cut (incision) through your groin or scrotum to remove the sac and fluid. If needed, a drain is inserted through the incision to drain any extra fluid.

You may have a general or spinal anesthetic. The anesthesiologist will decide the type of anesthetic you need. A general anesthetic will make you sleep during surgery. With a spinal anesthetic, you will be awake during surgery, but you cannot feel from the waist down.

## How will I feel after surgery?

You may have some pain from the incision(s) after surgery. You may also feel nauseated or sick to your stomach. Your nurse will give you medication that can help. Some bruising and swelling is normal.

## When will I go home?

Usually you will home the same day as your surgery. You will need to urinate before you can go home.

## Pain medications

Take the pain medication as prescribed by your surgeon.

Pain medication that contains codeine such as Tylenol #2 or Tylenol #3 can cause constipation. If you are taking a medication with codeine, your doctor may order medication to help prevent or treat constipation.

## What should I eat?

You can return to eating your regular diet when you get home.

## What activities can I do?

It is important to rest for the first few days. From then on gradually return to normal activities, as you feel comfortable.

Your surgeon will advise when you can:

- return to work.
- get back to exercising or heavy lifting

## How do I care for my incisions?

The incision should be protected and kept clean. A scrotal support or snug underwear will usually increase comfort. You may notice swelling, and black and blue bruising of your scrotum. The swelling and bruising will slowly go away.

If you have a drain, home care will be arranged to care for your incisions and drain. If you do not have a drain, you can shower 24 hours after surgery. It is okay to remove the bandages. Leave the small white tape strips, if you have them, on the incision. After your shower, pat the incision dry. To prevent the stitches from getting caught on your clothes, cover the incision with a dry gauze dressing.

Do not use soap or a washcloth on your incision. Do not soak in the tub, hot tub or swim until your incisions are fully healed.

To decrease the swelling, apply an ice pack. Apply the pack for 20 minutes on and then take it off for 20 minutes. Do this 3 or 4 times a day for several days. Do not apply the ice pack directly to your skin. Place a cloth between the pack and your skin. A package of frozen peas is a good ice pack. Do not apply heat or hot packs.

Check your incision every day for:

- redness
- pus or drainage
- increasing swelling or warmth

## When do I see my surgeon again?

Please make sure you have a follow-up appointment with your surgeon 1 to 2 weeks after your surgery.

## When do I call your surgeon? Call if:

- you notice increased swelling, warmth or redness at your incision(s)
- you have persistent bleeding, discharge or a foul smell from your incision(s)