

Care Following Orchidopexy (Undescended Testes)

Orchidopexy is the operation whereby the undescended testis is brought down from the groin to the scrotum and fixed there.

Discharge from hospital:

An orchidopexy is a day only procedure: therefore your child will usually be discharged the same day of his surgery.

Diet:

Once your child is fully awake after the procedure he/she will be offered clear fluids and if this is tolerated he/she can then progress to a normal diet. Infants can resume breast feeding or formula once they have tolerated water.

Pain relief:

Your child will have an anaesthetic block in the theatre that usually lasts for 8 - 10 hours. After this paracetamol is the drug of choice if pain relief is required. The nurse can advise you of the dosage before you leave the hospital. For older children Painstop may be useful; the anaesthetist will advise you of this on the day.

NOTE: Do not use Aspirin or Dispirin as this may promote bleeding.

Wound care:

- The wound is sutured with dissolving stitches, which are completely hidden under the groin wound. The stitches in the scrotum will also be dissolving but will be visible.
- The wound will have a dressing or Steri-strips over it, which will come off by themselves in one or two weeks.
- The wound will go hard in the next few weeks as it heals. There may be some bruising and local swelling. There may be some swelling of the genitals.
- Bathing: Suture wounds can be sponged over from the first day. Baths can start after 4 days. Dry the wound gently but well.

Complications:

Vomiting post anaesthetic may occur and it is best to give nothing for an hour and then only offer water or clear fluids in small amounts until the vomiting / nausea have stopped.

You should contact Dr Henry's rooms or the hospital if the following occurs:

- Your child develops a temperature above 38°C
- His pain is not relieved by the recommended dose of paracetamol
- Your child's wound is hot, red and angry looking or gaping, discharging or bleeding

Back to school:

Keep your child home for 2 or 3 days. If your child has no discomfort then school can commence 3 days after the operation. Vigorous play should be discouraged during the first week after the operation. Pressure on the scrotum, eg riding a tricycle, should be avoided for at least 1 week. Swimming can commence 10 days after the operation.

Follow up appointment:

Please call Dr Henry's rooms on 9650-4422 when you get home to book your post operative appointment. This is usually 4 weeks after surgery but if you have any concerns before this please call. Should a medical certificate be required please contact us and one can be provided