



Day Surgery

Patient Advice Following an Orchidectomy

You have had a procedure to

Usually, we remove the testicle through an incision in your groin. You may/may not have a prosthesis inserted; this will be discussed prior to surgery.

Pain

Local anaesthetic may be used to numb the area. This will wear off within four to eight hours. Following this you may experience some discomfort. You should take some pain relief as necessary. Always follow the instructions on the packet and do not exceed the recommended daily dose.

Wound

The wound has been closed with stitches that need to be removed. Please arrange an appointment with your practice nurse at your GP surgery for removal of sutures on

The..... wound has been closed using stitches which do not need to be removed. The stitches can take 10-21 days to dissolve.

It is important to keep the wound clean and dry for the first hours to allow the wound time to heal. You can then shower as normal but avoid soaking the wounds for long periods. If a dressing is in place, relevant information will be provided by the nursing staff on discharge.

It is advisable to wear supportive underpants and not boxer shorts. The surgeon may also provide you with a scrotal support which is fitted during the procedure. The support will help to reduce the amount of swelling that will occur. This can be worn until the swelling and discomfort has settled.

Activity

It is normal to feel tired following sedation or a general anaesthetic. Take it easy for the first 24 hours. Please refrain from lifting anything heavy for days.

Driving/Work

Your own circumstances will determine when you return to work. You can self certificate for one week; contact your GP for a certificate if further time off is required.

You must not drive for 24 hours following sedation or a general anaesthetic. This is a requirement of the Road Traffic Act.

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to:

Your GP or out of hours GP

Urology Nurses

01305 255145/ 255695

NHS Direct

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Dorchester Day Surgery Unit

01305 254501 (on day of surgery only)

Weymouth Day Surgery Unit

01305 762664 (on day of surgery only)

Abbotsbury Ward after 7pm/8pm

01305 255150

Lulworth Ward after 7pm/8pm

01305 255471

About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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