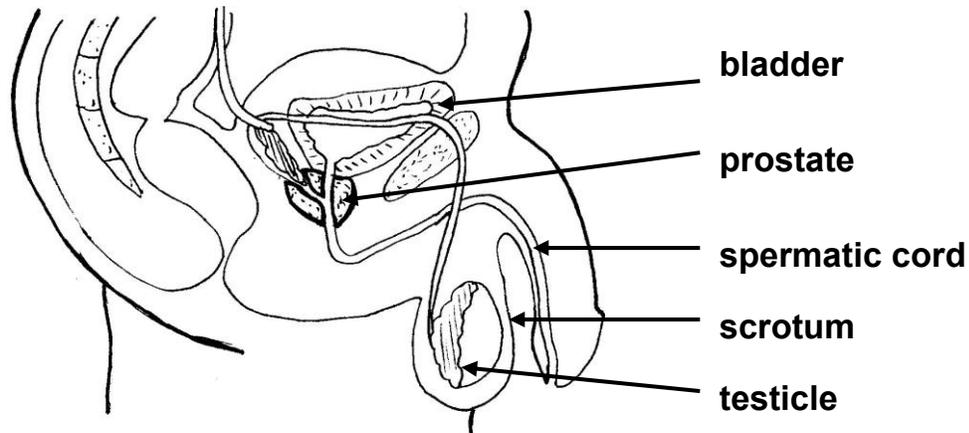

Orchiectomy Surgery ~ Removal of Testicle(s) ~

To learn about this surgery here are some words to know:

- **Bladder:** stores urine made by the kidneys
- **Prostate:** the sexual gland that makes a fluid called semen that helps sperm move
- **Spermatic cord:** provides blood to the testicle
- **Testicle:** a sexual gland that produces sperm and makes most of the male hormone called testosterone
- **Scrotum:** the skin and muscle that holds the testicles



What is orchiectomy surgery?

Orchiectomy surgery is the removal of one or both testicles. It is also called orchidectomy surgery.

This surgery is done for many reasons:

- the spermatic cord has twisted causing the blood supply to a testicle to be cut off – this is called testicular torsion
- there is cancer in a testicle
- there is cancer in the prostate – the male hormone testosterone can cause cancer cells to grow and possibly spread. Surgery to remove the testicles stops the production of testosterone and helps prevent further growth of the cancer

What do I need to do before surgery?

You must come to the Pre-Admission Assessment Unit (PAAU) 1 to 2 weeks before surgery to have any blood work, x-rays and other tests your doctor orders. You will also meet with a nurse and anesthesiologist to help you get ready for surgery. The anesthesiologist will explain the type of anesthesia you will have during surgery. The PAAU nurse will tell you when to stop eating and drinking before surgery.

Follow all of the instructions you are given in the PAAU.

What happens on the day of surgery?

Come to the Day Surgery Unit (DSU) at the time you are given. The nurses will then prepare you for surgery. You will have a small tube called an intravenous put into a vein in your arm. This is called an IV. The IV is used to give you fluids and medications before, during and after surgery. When you are ready for surgery your support person is invited to wait with you until you are ready to go to the Operating Room.

What happens during surgery?

You will have a general anesthetic. This means you will be asleep and not feel anything during surgery. The surgeon then makes an incision in the groin area on the side that the testicle is being removed. If you are having both testicles removed, you will have 2 incisions.

You may have a thin tube called a catheter put into your bladder during surgery. The catheter drains urine until the surgeon feels it is no longer needed. .

What happens after surgery?

Post Anesthetic Care Unit (PACU)

After surgery, you are taken to the PACU to be watched closely until you wake up. Your blood pressure, temperature and breathing are monitored by the nurses. When you are awake and it is safe to move, you go on a stretcher to a nursing unit to stay overnight or to the DSU to go home the same day. Most people know before surgery if they are staying overnight or going home the same day.

Pain and Discomfort

You will have pain or discomfort in the surgery area. Your nurse will give you pain control medication to help. Your nurse will explain the pain assessment scale and ask you to rate your pain from 1 to 10. If you have pain that is not well controlled, talk to your nurse.

Nausea

You may have an upset stomach or nausea after surgery. If you do, talk to your nurse as medication can help.

Diet and Nutrition

The IV gives you fluids until you are drinking well. You begin by drinking small amounts of fluid after surgery. When you are ready to eat, start with light meals and gradually return to your regular diet.

You need to avoid straining to have a bowel movement. Straining may cause swelling and bleeding from the incision(s). To prevent constipation and avoid straining, eat foods high in fibre. Foods high in fibre include whole-grain products, bran, fruit, vegetables and legumes.

You need to also drink lots of fluids if your health allows. If you have kidney or heart problems you need to follow your doctor's or dietitian's guidelines about the amount of fluid to drink.

Incision Care and Hygiene

Incisions are closed with stitches. Stitches may dissolve by themselves or may need to be taken out by your surgeon or health care provider.

Your incision(s) and dressing(s) are checked while you are in the hospital. If you go home the same day, your dressing(s) can be removed in 24 hours and the incision(s) left to air dry.

You may take a shower the day after your surgery. Use soap and water and pat the incision(s) dry after. Also, wash your penis and the area around it well 2 to 3 times a day.

Bruising and Swelling

It is normal to have bruising and/or swelling around the incision(s).

To control bruising and swelling:

- Put an ice pack under your scrotum. Wrap an ice pack or a package of frozen peas in a towel before applying to the scrotum. Apply for no more than 20 minutes at a time. Make sure that the ice is removed for at least 20 minutes to give your skin a rest and avoid frostbite.
- Put a rolled towel under your scrotum when you are sitting or lying down to support it.
- Wearing a scrotal support when up.
- Wear jockey style underwear for support.

It is important to support your scrotum when you are up and moving around.

Activity

Call your nurse to help you get up the first time. You need to learn how to get up in a way that prevents straining. It is important to move after surgery. Moving and walking helps:

- keep your muscles strong
- prevent breathing problems
- help your blood move around your body
- prevent constipation

If you are staying in the hospital, you will be encouraged to walk around the unit often. At home, you can do moderate exercise like walking. Do not do strenuous activities like shovelling snow, vacuuming or mowing lawns. Do not do any heavy lifting for 2 to 3 weeks. Heavy lifting is lifting more than 10 pounds or 4 kilograms. This weight is like a full grocery bag, a small suitcase or a small baby.

Gradually go back to your normal activities.

When you go home

Before you go home you are given a prescription for pain control medication. Take this medication as directed by your doctor.

If you get a prescription for antibiotic medication make sure you take all the medication even if you feel well.

Follow-up with your surgeon

You should have a follow-up appointment booked with your surgeon. If you do not have an appointment, contact your surgeon's office to make one.

Contact your surgeon if you notice:

- green, yellow or foul smelling discharge from the incision(s)
- any incision or your scrotum is red or swollen and not getting better
- pain that does not get better each day
- the dressing is soaked with blood
- the stitches come apart
- you develop a fever of 38°C or higher