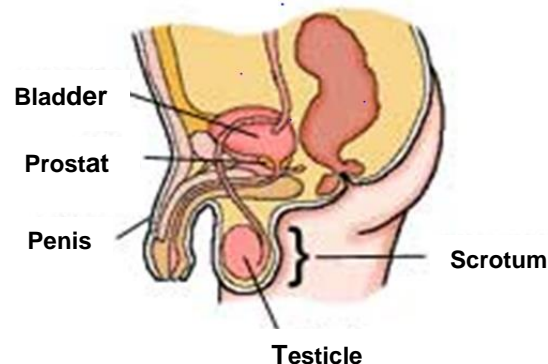


# ORCHIDECTOMY

## Anatomy

The testicle is a gland involved in sperm formation and the production of male hormones.

Orchidectomy is surgery to remove a testicle in the presence of a suspicious mass, testicular torsion or in the treatment of certain types of cancer. The procedure is performed through an incision in the groin.



A single testicle is sufficient for sexual and reproductive functions. However, it is possible to donate your sperm at a fertility clinic, with a goal to freeze it for future use, in the event of infertility secondary to any additional radiotherapy or chemotherapy treatment. Sperm preservation is usually carried out before the operation.

## Post-operative instructions

The scrotum may swell or bruise at first, but this usually disappears within two to three weeks. A sensation of numbness or burning around the wound may occur. This sensation will gradually disappear. The incision is closed with melting stitches and covered with a bandage.

You can urinate normally after the orchidectomy.

## Pain

After surgery, to control pain, we recommend taking the analgesic medication prescribed by your urologist from the first day after surgery.

To help relieve pain, apply an ice pack or a bag of frozen peas wrapped in a towel for a maximum of 20 minutes, every hour or as comfortable. However, beware of frostbite.

Wearing tight-fitting cotton underwear day and night for a few days helps comfort, as it provides better support for the operated area. It supports the testicles and reduces traction on the wound.

## Hygiene

The nurse will tell you when to remove the dressing. It is advisable to wet the bandage for about 15 minutes in the shower before removing it, as this will make it easier to peel off.

Once the dressing has been removed, you can take a shower (preferable to a bath) for the first 2 weeks.

If you have Steri-strips, you will need to keep them on until they come off on their own (about 10 days). You can take showers with the steri-strips. If they have not fallen off, you can remove them after 10 days. Stitches do not need to be removed; they will fall out on their own.

## Nutrition and hydration

Generally, you can eat normally as soon as you get home. Eat light meals to start with, and adjust as tolerated. Nausea is possible after anesthesia. Stay well hydrated. A protein-rich diet will promote healing.

## Physical effort

Avoid exertion or activities that cause pain for 48 hours, and resume normal activities after 1 week. Major physical exertion, such as sports or lifting more than 10 pounds, should be avoided for 1 month. Time off work will vary according to your occupation and the advice of your urologist.

## Complication

Contact the urology outpatient clinic if:

You have signs of infection: increasing redness around the wound, purulent discharge, increasing pain, foul-smelling secretions, and warmth of the skin around the wound or significant progression of swelling.

Consult an emergency room if you develop a fever (38.5°C or 101°F) for more than 48 hours after surgery.

**If you have any further questions, please contact one of the following contacts:**

Info Santé (anytime): 811

Cité de la Santé urology outpatient clinic: 450-975-5913 ext. 2 (open Monday to Friday)