

# Orchidopexy

---

An orchidopexy is an operation to **bring down undescended testes (testicles) to the scrotum**. An incision (cut) is usually made in the groin.

## Length of surgery

Your son will be away from you for approximately 45 to 60 minutes.

## Post operatively

Some children may be distressed and upset when they return from theatre. This can be normal after an anaesthetic and they should settle after a short time. If your child returns to the ward upset, it is important that you comfort your child and keep them safe from hurting themselves.

The nurse will monitor your son closely after the operation by taking their pulse rate, checking their breathing and assessing their pain.

Your son will need to stay in the ward for a minimum of two hours, sometimes longer depending on his recovery. He must be fully awake and eating and drinking before discharge.

## Pain management

The type of pain relief required after the operation depends on the degree of surgery. Your son will be given pain relief during their surgery and should be comfortable on return from theatre. Please speak to your nurse if you feel that your son is in pain.

On discharge the nursing staff will give you a pain management pamphlet regarding pain relief at home.

## Eating and drinking

Your son can usually start drinking as soon as he is fully awake after surgery. When drinking well, he will be able to start eating a light diet. Please check with your nurse before giving your child anything to eat or drink.

Babies can breast feed or bottle feed immediately.

Some children may experience nausea and vomiting after surgery. Please tell your nurse if your son feels nauseous or vomits.

There is no need for a special diet after this surgery, but it is recommended that your son avoids fatty or junk food for approximately 24 hours after surgery.

## At home

### Nausea and vomiting

After day surgery, do not be concerned if your son vomits once or twice after leaving hospital.

If your son vomits or feels sick, stop giving him food for about an hour, then try giving him a drink, followed by a light diet. He can then have as much as he can manage without feeling sick.

If your son keeps vomiting, please seek medical attention by either calling your son's surgeon or going to your nearest emergency department.

### Pain relief

Paracetamol may be given every 4-6 hours for 2 days after the surgery if required. Please refer to the paracetamol bottle for the correct dose for your child.

### Activity

Your son should reduce his activities for 24 hours after surgery. Please make sure that your child has adult supervision as they fully recover from the anaesthetic and surgery.

Your son should be able to return to school/ childcare/ kindergarten after three to five days.

It is recommended that your son does not do any sporting activities (including bike riding) for three to four weeks. Please check specific details with your doctor before you leave the hospital.

### Wound care

A clear or white (Hypafix) dressing will cover the wound. Leave the dressing in place for five days unless advised otherwise.

Sutures (stitches) used in the surgery are dissolvable and will not require removal.

Some bruising can be expected but if you are concerned, please seek medical advice.

Observe wounds for general signs of infection. These include heat to the site, pus/ooze, foul smell, swelling, redness, fever or pain. If signs of infection are noticed, seek medical attention.

## Bathing

You can bath/shower your son as normal 24 hours after surgery unless advised otherwise.

## Bleeding

If bleeding occurs, sit your son down and apply firm, steady pressure to the area for 10 minutes with gauze or a clean cloth. Take the pressure off after 10 minutes and continue to watch the wound closely over the next 24 hours. If bleeding persists, apply pressure and seek immediate medical attention.

## Follow up

A follow up appointment will be arranged in four to six weeks time. It will be given to you before you go home or sent to you in the post.

If you have any concerns after your child's discharge please telephone your private surgeon or see your GP or your nearest emergency department.

## Adapted from

Orchidopexy, Women's and Children's Hospital: Adelaide

---

## For more information

Flinders Women and Children  
Flinders Medical Centre  
Bedford Park SA 5042  
Telephone: 08 8204 5511



This document has been reviewed and endorsed by consumers.