

Work

You can return to work when you feel comfortable to do so. This can take up to two weeks. If your job is manual or requires a lot of driving, you may need to take up to four weeks off. The Day Surgery Unit can provide you with a certificate for work if required.

Sexual intercourse

You can have sexual relations once the wound has healed and when it feels comfortable to do so. This may take up to two weeks.

What are the potential risks and complications?

Complications are unusual, but may include:

- **Excessive bleeding, bruising or swelling** – contact the Day Surgery Unit or your GP if you are concerned.
- **Infection** – a short course of antibiotics would be required. See your GP if your wound becomes very red and tender or you notice a discharge from your wound site.

Will I need a further appointment?

If you require a follow-up appointment, the date and time will be sent to you through the post.

Reference source(s):

Mr J Davies, Consultant, RSCH.

Contact details

If you require further advice, please do not hesitate to contact the Day Surgery Unit.

Surgical Short Stay Unit

Telephone: 01483 406828.

Day Surgery Unit

Telephone: 01483406783

Monday–Friday, 8am–6pm

Out of hours advice:

Call 111 (formerly NHS Direct)

www.nhsdirect.nhs.uk

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

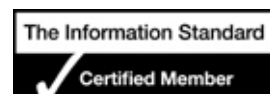
If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Author: Sian Oates and Laura Ceurstemont

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Hydrocoele Varicocoele



Day Surgery Unit

What is a hydrocoele?

A hydrocoele is a pocket of watery fluid that builds up around the testicle. It is usually caused by poor drainage of the fluid into the general circulation, but very unusually it can require further treatment.

Your symptoms may include an enlarged scrotum and a sensation of heaviness or dragging. Hydrocoele is not usually painful. Pain may be an indication of an accompanying infection.

What does surgery involve?

If a hydrocoele is small no treatment is usually required. For larger hydrocoeles surgery may be required. A small cut is made in the scrotum over the hydrocoele. The fluid is emptied out and the sac may be removed. The skin is stitched up with dissolvable stitches and dressed with gauze. Then a scrotal support is usually applied, which looks like tight jockey shorts.

What is a varicocoele?

A varicocoele is a collection of swollen veins around a testicle. It almost always affects the left testicle and is due to blood pooling in the testicular vein rather than travelling back up to the heart. The condition can sometimes cause aching but often has no symptoms at all.

What does surgery involve?

A small cut is made in the scrotum. The swollen veins are separated away from the testicle and removed. The skin is stitched with

dissolvable stitches and dressed with gauze. Then a scrotal support is usually applied, which looks like tight jockey shorts.

Are there any alternatives?

Both of the conditions described above frequently require no treatment. Mild symptoms of discomfort may be relieved by wearing supportive underwear.

Hydrocoeles can be treated by drainage of the fluid with a needle. Surgery is considered when the swelling becomes large and troublesome.

Varicocoeles may never cause serious symptoms. However, it is believed that the resulting warmth around the testicles caused by pooled blood may be a factor in a low sperm count. Surgery is often recommended when a man with a varicocoele wishes to produce a child and has been found to have a low sperm count.

What will happen after my operation?

Your wound and stitches

It is normal to experience some bruising and swelling to the scrotum which can last up to two weeks. You will be given a pair of tight jockey pants to wear for 2-3 days. After this you should wear close fitting underpants until the swelling goes.

The nurses will give you some clean dressings to put in your underwear. If you notice a yellow or green discharge, you should consult your GP as this is a sign of infection.

Some purple bruising around the skin is to be expected. This may turn yellow after a couple of days.

Your stitches are dissolvable and will disappear in the next couple of weeks.

Will the procedure hurt?

It is likely to be tender for a week or two but you will be provided with painkillers to take home after the surgery. These will carry a prescription charge unless you are exempt. Be sure to take these painkillers regularly for the first couple of days. Minor twinges may be felt for several weeks.

Washing

The wound will be sprayed with a protective transparent film dressing, which will help keep the wound clean.

You can shower the day after surgery but do not use any scented products or bubble bath. Try to keep the area clean after urinating.

Driving

If you have had a general anaesthetic, you must not drive for 24-48 hrs. Please check with your insurance company for confirmation. Otherwise you can drive when you feel comfortable and can perform an emergency stop without pain. This may take up to 10 days.

Activities

Normal activity can be resumed as soon as you feel comfortable. However, contact sports and other strenuous activities are best avoided for about two weeks.