

2014

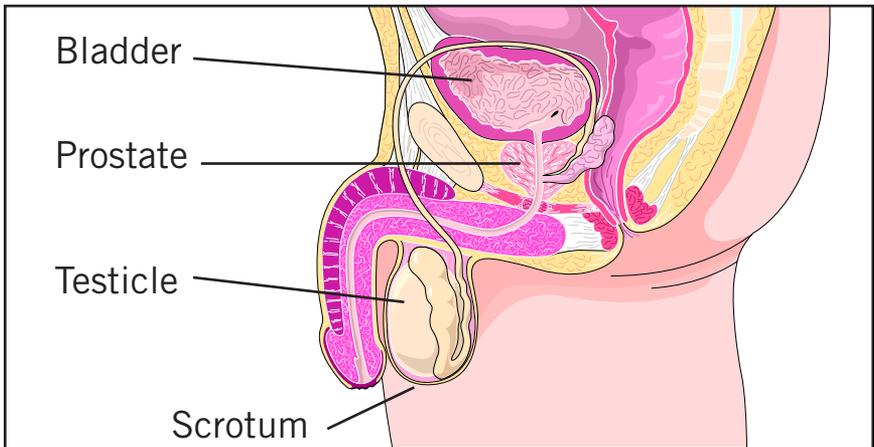
Bilateral Orchiectomy

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Bilateral orchiectomy is the surgical removal of both testicles.

What do my testicles do?

The testicles make the male sex cells (sperm) and the male hormone (testosterone). Your testicles are found in the pouch-like sac (scrotum) below and behind your penis. They are egg-shaped, and measure about 3-4 centimeters long.



Why am I having this surgery?

Removing the testicles takes away the main source of testosterone. This usually slows the spread of cancer.

Please read the pamphlet *Planning for your Hospital Stay After Surgery*.

Just before surgery

You will need to have some tests if you are having your surgery under general or spinal anesthesia (medicine to put you to sleep). This is to make sure everything is safe for you to go to the Operating Room.

You may have blood and urine tests, a chest X-ray, and an electrocardiogram (EKG). If you are having your surgery under local anesthesia (numbing only the specific area being treated), you do not usually need these tests.

After your surgery

If you had your surgery under general or spinal anesthesia:

- You will be taken to a special recovery area.
- Your breathing, pulse, and blood pressure will be checked often.
- An ice pack will go on your scrotum to cut down on swelling.
- You may be able to go home when you are fully awake and stable. If you have other medical problems or live a long way from the hospital, you may be taken to a hospital room.

If you had your surgery under local anesthesia:

- You will be taken to the recovery area for 30 minutes before you go home.
- An ice pack will go on your scrotum to cut down on swelling.
- **You must plan for someone to drive you home.**

Intravenous (IV) and/or food

If you are admitted to hospital, you may have an IV in your arm or hand for medication and/or fluids. It is usually taken out within 24 hours when you are able to eat and drink well.

Care of your incision (cut)

- There will be a dressing over the incision on your scrotum. You should gently clean the incision with normal saline (a salt solution) once a day. Put on a new dressing after cleaning the incision.
- You will have stitches or small strips of tape to help hold the incision closed. The stitches will disappear within 2 weeks. You may see some discharge (pus) from the incision as they dissolve (go away). The small pieces of tape should be left in place until they fall off.
- The hospital will give you mesh-like underwear to wear for support.
- Please wear supportive (snug) underwear at home such as briefs.

- There will be some bruising and swelling.
- You can shower the day after your surgery. Do not let the water pour directly on your incision. You should **not** soak in the bathtub until 7 days after surgery because this may cause your stitches to dissolve too early.
- A small gauze dressing over your incision will stop your clothes from rubbing against the incision.

Discomfort and/or pain

- You will feel soreness or pain but this is OK. Pain medication should be taken as needed.
- Take pain medication regularly for the first 24 hours and before doing any activity that may cause discomfort (such as walking).

Activity

- If you are admitted to hospital, your nurse will help you to sit at your bedside the first evening after the surgery.
- The day after your surgery, your nurse will help you walk in the hall.
- Moving early after surgery helps you heal faster.
- You are usually able to go home the day after your surgery.

At home

What activities will I be able to do at home?

- Plan to get plenty of rest during the first few weeks after you leave the hospital.
- Slowly go back to doing your usual daily activities (such as household chores and exercises).
- Walking is the best exercise.
- Ask your doctor when it would be OK to return to work.

Healthy food

- Keep following your usual diet
- Foods high in fibre (such as fruits, vegetables, bran, and prunes) and fluids help prevent constipation.

Call your doctor right away if you have:

- Redness, warmth, or increasing swelling around the incision.
- Increasing pain or tenderness around the incision.
- Bleeding from the incision.
- Separation of the edges of the incision.
- Drainage from the incision.
- Fever and/or chills.

If you need to see a doctor, please contact your family doctor or go to the nearest Emergency Department unless otherwise instructed by your urologist.

If you have any questions, please ask.
We are here to help you.

Notes:

Looking for more health information?

Contact your local public library for books, videos, magazines, and other resources.
For more information go to <http://library.novascotia.ca>

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