Hydrocele (Adult) Repair
Home Care

A hydrocele is a fluid filled sac in the scrotum.

After Surgery

- It is normal and expected to have discomfort in your testicles and scrotum. Pain medicine will be ordered for you to take as needed. The scrotum and testicle(s) may be tender for up to one month.
- Your scrotum may be very swollen for several days and up to a couple of weeks after surgery. To help reduce swelling, you may use an ice pack for the first 24 – 48 hours; then as needed. Use the ice pack for 20 – 30 minutes on, then 20 – 30 minutes off.
- You may have a temporary drain called a Penrose to drain any extra fluid and blood. Change the gauze pads as needed.
- For the first 2 weeks, wear a scrotal support at all times; then as needed. Keep the scrotal support clean and dry.
- You may shower after 24 hours. Blot the area dry.
- Do not soak in a bathtub, swimming pool, Jacuzzi, or hot tub for 5 days, until your incision is completely healed.

Activity Guidelines

- Do not lift more than 10 pounds for 3 weeks.
- No sexual activity for 5 days.
- The length of time needed before you can go back to work depends on how well you recover and the kind of work you do. Check with your doctor.

Wound Care

- For the first week, keep the wound clean and dry. Keep the wound covered with a gauze pad. Change the gauze pad daily, and if it gets wet or soiled.

Follow-Up

You will have a follow up visit in 7 – 14 days. This will be scheduled before you leave the hospital.
When to Call the Doctor

▪ Redness, warmth, or pus-like drainage from the incision
▪ Severe pain that does not improve with pain medication
▪ Increase in swelling of scrotum
▪ Temperature over 100.5°F by mouth, for 2 readings taken 4 hours apart
▪ Bleeding that soaks the dressing in 1 hour or less

Phone Numbers

Urology Clinic: (608) 263-4757
Nights, weekends, and holidays this will give you the paging operator. Ask for the urology doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

If you live out of the area, please call 1-800-323-8942.

Your urology doctor is ______________________________.

Your medical record number is ____________________________

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©8/2016. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4282.