# Hydrocele Repair (Adult)

This handout tells you how to care for yourself at home after a hydrocelectomy (hydrocele repair). A hydrocele is a fluid filled sac in the scrotum. Hydrocele can grow large and can cause swelling and pain in the scrotum and may need surgical repair. Hydrocelectomy is the surgical repair of a hydrocele.

## What to Expect After Surgery

**Pain:** You will have some pain in your testicles and scrotum. We will order pain medicine for you to take as needed. This area may be tender for up to one month.

**Swelling:** You will have scrotal swelling and bruising 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.

**Drainage:** You may have a temporary drain called a Penrose to drain any extra fluid and blood.

## 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.

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.

## Activity Guidelines

- **Do not** lift more than 10 pounds for 3 weeks.
- **Do not** soak in a bathtub, swimming pool, or hot tub for 5 days, until your incision is healed.
- No sex for 5 days.
- Your time off work depends on how well you recover and the kind of work you do. Check with your doctor before and after surgery.

## Follow-Up

If you have a Penrose drain, you will have a follow up visit in 3 – 5 days. This will be scheduled when your surgery is scheduled. You will need to return for another post-op visit 2-3 weeks after surgery.

## When to Call

Call the clinic if you notice:

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

## Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit www.uwhealth.org/.

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 © 12/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4282.