

## Caring for Your Child After Orchiopexy

In boys, the testicles develop in the abdomen and go down into the scrotum during the last months before birth.

An orchiopexy is surgery to bring the testicle into the scrotum. It takes 2-3 weeks for the incisions to heal. Expect some swelling and bruising to the groin and testicles. The stitches may take up to 3 months to dissolve.

### Activity

- No swimming or hot tubs for 2 weeks.
- No contact sports, wrestling, or rough games for 2 weeks.
- Older children may wear briefs or boxer briefs to help decrease swelling.
- Your child may go back to school when no longer taking narcotic pain medicine and feels well, about 2-3 days.

### Wound Care

- No tub baths for 48 hours after surgery. Your child may shower or sponge bathe after 24 hours.
- Keep the groin and scrotum clean of stool.
- Your provider may ask you to put an over the counter antibiotic ointment on the incisions twice a day.

### Pain Medicine

- The local pain medicine given to your child during surgery will wear off in 4 to 6 hours.
- Give non-narcotic pain medicine as prescribed on schedule for the first 48 hours, then as needed.

- If prescribed, give narcotic pain medicine only for severe pain not relieved by scheduled medicines.
- Narcotics may cause constipation. Over the counter stool softener may be helpful.
- You may use cool packs on the scrotal area for 15-20 minutes at a time as needed to help decrease pain and swelling.

### Diet

Your child's stomach may be upset after surgery. First, try clear liquids such as ice chips, Popsicles<sup>®</sup>, 7-Up<sup>®</sup>, and Jell-O<sup>®</sup>. Next, try foods that are easy to digest like soda crackers or dry white toast. A regular diet may be given the next day. If your child vomits, start again with clear liquids and slowly advance.

### Follow-up Clinic Visit

Your child's follow-up visit with the provider should be a few weeks after surgery. Our surgery scheduler will schedule this date with you before surgery.

### When to Call the Doctor

- Spreading redness or red streaks from the incision with a fever of 101.5° F or above.
- Foul smell or pus-like drainage.
- Trouble passing urine.
- Pain not controlled by pain medicine.
- Chills or a fever over 101.5° F.
- Stomach upset or vomiting that doesn't go away.

**Phone Numbers**

If you have any problems, please call your clinic or doctor.

Pediatric Urology Clinic, Monday – Friday,  
8:00 am to 4:30 pm,  
**(608) 263-6420, option 2**

After hours, nights and weekends, the clinic number will be answered by the paging operator. Ask for the Pediatric Urology Resident on call. Give the operator your name and phone number with the area code. The doctor will call you back.

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

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

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 © 9/2018 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4354.