



Manchester
Urology

Hydrocoelectomy

(Removal of Hydrocoele)

An Information Leaflet *(Written May 2008)*



What is a hydrocoele?

A hydrocoele is a collection of fluid which gradually develops around the testicle, producing a swelling in the scrotum. This fluid is made by and collects inside the sack which contains the testicle, making it appear that the testicle is increasing in size. A hydrocoele may occasionally develop due to a serious condition of the testicle, although most are harmless and only need treatment if they become uncomfortable.

What is a hydrocoelectomy?

The aim of this operation is to remove the fluid which has collected around the testicle and prevent it forming again. The procedure is usually carried out under a general anaesthetic (when you are put to sleep) and may take around 20 to 30 minutes.

A small incision (cut) is made in the front of your scrotum and the fluid is removed from your hydrocoele sac. The lining of the hydrocoele is then either removed or stitched 'inside out' around the back of the testicle. The wound will then be stitched together with dissolvable stitches, which means that they do not need removing as they will go soft, come undone and fall out usually 2 to 3 weeks after the operation.

What are the benefits?

- Treating the hydrocoele will remove the swelling and relieve the discomfort in your testicle

Are there any risks involved?

Anaesthetic

- General Anaesthetic. You may feel normal soon after you wake, but you will be drowsy and your reactions sluggish for twenty four to forty eight hours.

Possible Complications

- *Bleeding.* There is a very small risk of bleeding during the operation.
- *Pain.* If you experience any pain or discomfort in your testicle following the operation, take pain killers as necessary
- *Infection.* If you notice increased pain, swelling, heat or redness around your wound, a discharge (pus), or if you develop a temperature, you should visit your GP immediately as infection may be present which requires antibiotics
- *Swelling and bruising.* You may find that the area around the operation site appears swollen and slightly bruised. This should settle after 1 to 2 weeks. Some 'internal' swelling may take several weeks or even a couple of months to settle completely.
- *Recurrence of symptoms.* It is possible, but rare, for a hydrocoele to return after having the operation.

What Are The Alternatives?

The hydrocoele can be drained under a local anaesthetic (numbing injection whilst you are awake) by inserting a needle into the sack of fluid through the skin of your scrotum, and drawing off the fluid with a syringe. This, however, is only a temporary solution as the hydrocoele will most likely gradually return.

How long will I be in hospital for?

The operation is often performed as a day-case (meaning that you will be able to go home the same day as the operation) or you may require an over-night stay.

What happens to me when I arrive on the ward?

You will usually come into hospital on the day of your operation. You will meet the nursing staff who will be looking after you and an anaesthetist, who will discuss your options for pain relief following the operation and also talk to you about the anaesthetic you will have.



On the day of the procedure

It will be necessary to stop eating and drinking for several hours prior to the operation. (This will either be explained to you when you attend for a pre-operative assessment appointment some weeks before the operation, or by letter when you are informed of the date of the operation). If you would normally take tablets during this time, please ask at the pre-operative assessment clinic which you should continue to take.

Before going to the operating theatre, you may be asked to take a bath or shower and change into a theatre gown.

All jewellery (except your wedding ring), dentures and contact lenses must be removed.

What happens after the procedure?

You may have a dressing over your wound, which should remain in place until you are advised to remove it by the nursing staff.

If you have any discomfort, you should request painkillers from the nurses looking after you.

You should be able to eat and drink, as soon as you feel well enough and are over the effects of the anaesthetic.

You will be encouraged to move around as early as possible, to prevent problems of reduced mobility.

Discharge arrangements

It is necessary to arrange for a responsible adult to collect you from hospital and transport you home.

It is important that in the first day of having had a general anaesthetic you should try to avoid:

- Being left in the house alone, nor look after young children
- Driving (it is advisable to check with your insurance company as to how long your insurance is invalid following a general anaesthetic)

- Operating machinery; this includes cookers and other domestic appliances.
- Making any important decisions or sign any legal documents
- Drinking alcohol

If your stitches need to be removed, you will be given information on when to attend the practice nurse at your GP's surgery for their removal.

Day to day living

After the operation you will be fitted with a scrotal support and advised to wear supportive underwear to prevent swelling occurring after the surgery. You should wear your scrotal support for about 1 week and then continue with supportive underpants.

You should wash the wound daily with soap and water and dry it thoroughly with a clean towel to prevent infection.

You can resume normal activities a few days after the operation but should rest, should you feel the need to. You should also avoid any heavy lifting or strenuous exercise for 1 to 2 weeks.

You can return to work when you feel able to perform your job with minimal discomfort. If you have a heavy, manual job you may need to take at least 2 weeks off work.

You should not drive until you can sit comfortably and perform an emergency stop safely, and without pain.

You can resume sexual activity when your wound has fully healed and it is comfortable for you to do so.

If There Is A Problem

If you experience any problems following discharge from hospital, please contact your GP.



For further information or to arrange an appointment with a consultant, please call: 0800 656 9616

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