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Pediatric Urology

Care after an Orchiopexy

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An orchiopexy is a surgical procedure to bring an undescended testicle into the scrotum.

Activity

For the first one to two days following surgery, your son may not feel like being very active. He may increase the level of activity as the soreness goes away. For 2-3 weeks after surgery, your son should not participate in any activities which would require him to straddle a toy such as a rocking horse or bicycle. Strenuous activities such as gym, contact sports, and swimming are not permitted for 2-3 weeks after surgery. He should not carry heavy book bags, books, or backpacks for two weeks.

Diet

Before discharge from the hospital, your son should be able to drink clear liquids and keep them down without vomiting. You may then add progressively to the diet with:

- Full liquids which includes: ice cream, pudding, or cream soups
- A light diet for the remainder of the evening, including toast, crackers, soup, gelatin, etc.
- A regular diet starting the day after surgery

If he vomits, wait approximately 45 minutes and start over with sips of clear liquids, gradually increase the amount of clear liquids and when tolerated slowly add to his diet as outlined above.

Incision

Your child will have one incision on the scrotum and might have one in the groin. There are stitches under the skin in the groin that will dissolve in about 2-3 weeks; the scrotal sutures will dissolve in 1-2 weeks. There may be some redness over the incision at that time. Glue-like dressing or small strips of tape will be covering the incisions, do not remove, these will begin to peel off several days after surgery and should be allowed to fall off on their own. There may be some bruising (black and blue), swelling, and slight redness around the incision and scrotum. To prevent the incisions from sticking to the diaper or underwear you will need to apply a small amount of Vaseline or A&D ointment to the diaper or underwear.

Bathing

Soaking in a bathtub of clear, warm water twice a day for no more than 5 minutes will help keep the incision clean and promote healing. Your child may resume his normal bathing schedule 2 days after surgery.

Pain

Most children do not experience much pain after an orchiopexy procedure. If your son complains of pain or appears to be uncomfortable you may give him his pain medication as prescribed.

Call your doctor if:

- Fever over 101.5
- Excessive redness or swelling around the incision
- Any pus-like drainage from the incision
- Severe pain not relieved with prescribed medication