

Having a Day Case Radical Orchidectomy

Department of Urology
Information for patients

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What is a radical orchidectomy?

You and your consultant have decided that you need to have your testicle removed (radical orchidectomy). The procedure is performed under general anaesthetic (with you asleep). It involves removal of your whole testicle through a cut in your groin. This will be sent to the laboratory to be examined under a microscope.

An artificial testicle (prosthesis) can be inserted either at the same time as the testicle is removed or at a later date. You can discuss this with your doctor.

The team caring for you

The team of health professionals looking after you is known as the Multidisciplinary Team, or MDT.

The MDT looking after you will meet to discuss the most appropriate treatment for you. Your doctor will discuss your treatment plan with you.

What are the risks involved?

As with all procedures, there are associated risks. These include:

- **Swelling** - caused by bleeding into the scrotum. This swelling will go down once the fluid is absorbed back into the bloodstream.
- **Bruising and bleeding** - the scrotum may become quite bruised and sore. The bruising should start to go down after a few days.
- **Wound infection** - which may require treatment with antibiotics.

You will have time to discuss all these risks with the doctors and nursing staff before you consent to your procedure.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What arrangements do I need to make before my procedure?

Before you can have your procedure as a day case, you need to plan the following things:

- You must be collected by a responsible adult, who must take you home in a car or taxi following your procedure.
- You must have a responsible adult at home with you for at least 24 hours after your procedure.
- You must have a telephone at home.

You **must not** drive, cycle, operation machinery, drink alcohol, or be alone for a minimum of 48 hours after your procedure.

Important: driving after an anesthetic is a criminal offence, and will affect your insurance cover.

What do I need to do before my procedure?

- Read your admission letter carefully.
- Do not eat or drink anything from the time stated in your letter.
- Do not wear contact lenses.
- Do not wear any jewellery, except for a wedding ring.
- Do not bring any valuables with you into hospital. University Hospitals of Leicester NHS Trust cannot accept responsibility for loss or damage to personal belongings.
- Do have a bath or shower before you come into hospital.
- Do wear comfortable clothing and footwear to go home in.

Expect to wait on the unit before your procedure.

What do I need to bring with me on the day of the procedure?

- Your appointment letter. The time you are given to arrive is not the time of your procedure. The surgeon needs to see you before the start of the list, so you may be waiting for your procedure for between two and four hours.
- Any drugs, medicines or inhalers you are using. Please take your necessary medication before attending; the pre-assessment nurse will advise you when you should take your medication.
- A contact number for your lift home.
- A dressing gown and slippers, if you have them.
- Something to do while you are waiting, such as a book or magazine to read.

What will happen while I am on the day case unit?

- You should come to the Day Case Unit and report to reception. Your details will be checked and you will be directed on to the ward or to the waiting room where a nurse will collect you.
- The nurse will talk to you about your procedure and ask you a few questions.
- You will meet one of the surgical team who will ask you to sign a consent form. If there is anything you are concerned about or do not understand, please ask your surgeon before you sign the form.
- You will also be visited by your anaesthetist - this is the doctor who will look after you while you are asleep.
- The nurse will tell you when to change into your theatre gown, and then take you to the operating theatre.

What happens after the procedure?

You will return to the ward area and staff will make sure you are comfortable, and provide you with refreshments. If you have any discomfort or sickness please let the staff know so that they can help you.

You will recover on the ward until your nurse is happy that you are well enough to go home. You will need to eat and drink before you can go home. Very occasionally patients need to stay overnight. If your doctor or nurse feels that this is necessary, they will explain to you the reasons for this.

Wound care

Your wound will have dissolvable stitches (they do not need to be removed). Your surgeon may also have put a dressing over the wound, which should not be touched for 48 hours.

You should keep your wound dry for 48 hours, after which you can shower as normal and you can remove the dressing. After your shower, gently rinse the wound with clean water, but do not rub the wound. Then carefully pat it dry with a clean towel. Wearing close-fitting underwear will help support the wound.

Always keep the wound clean and dry. Do not be tempted to touch or pick the stitches. The healing process will take between one and two weeks and your stitches could take up to four weeks to dissolve.

Bruising and slight redness around the wound is usual and will not affect the healing. If you notice any increasing redness, swelling or discharge from the wound, you should contact the Day Case Unit for advice.

Pain

You may have some pain following your procedure. Pain killing tablets may be given to you when you go home or you will be advised to take paracetamol or something similar. Please make sure you have a supply at home. Take your painkillers regularly as prescribed for the first few days.

If you run out of tablets you can take the empty box to your chemist who will let you know which tablets to buy; or you can arrange to see your own doctor to get some more tablets.

Pain (continued)

Please read the following points.

- Take painkillers when the pain starts. Do not wait for it to get really bad.
- Take painkillers before you go to sleep so you are able to rest.
- If your pain is very bad take the painkillers regularly, (four times a day) so they keep your pain under control.
- Take painkillers when you wake up, so they are working before you get out of bed.
- Painkillers can cause constipation, so you should drink plenty of water, and eat some high fibre foods such as fruit, vegetables and cereals.
- Everyone is different; do not be surprised if you are still having some pain for a week or two; this is quite normal.

Other information

Driving

You must not drive for at least 48 hours after a general anaesthetic. You will not be covered by your car insurance. Do not drive until you can keep control of your car in an emergency, which is usually about a week after the procedure.

You should contact your insurance company if you are not sure.

Work

The amount of time you need to be off work depends on your job, but will usually be around a week. Please discuss this with your surgeon or nurse.

Sex

You may return to your usual sexual activities once you are comfortable . If you have any questions, please ask your pre-assessment nurse or the ward nurses.

Physical activity

Do not do too much too soon. It is usual to feel some aches and pains for a few days, perhaps up to two weeks (avoid strenuous activity, contact sports and heavy lifting for at least two weeks).

Holidays

Flying too soon after a procedure can increase the chance of problems, and you may not be covered by your insurance, please discuss this with your insurance company.

Further treatment

The results of the tests carried out on the testicle which has been removed will be discussed by your multidisciplinary team.

Some patients receive further treatment or need further tests following surgery. This will be discussed with you at your outpatient appointment. This will be with an oncologist (cancer specialist) and will usually be about two weeks after your operation. You may wish to bring someone with you to this appointment.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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