



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Having a Hydrocele Repair (adult)

Information for patients, relatives and carers

① For more information, please contact:
Department of Urology

York Hospital, Wigginton Road, York, YO31 8HE
Telephone: 01904 725846

Or
Scarborough Hospital
Woodlands Drive, Scarborough, YO12 6QL
Telephone: 01723 342132

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Introduction

The following information is a guide as to what to expect for before, during and after your hydrocele repair operation. Everyone is different and recovers at different rates; therefore, it is impossible to put everything in writing. This leaflet covers the most common questions patients have about their recovery and aims to give you some reassurance as to what can normally be expected. Your doctor can answer any questions you might have which you feel are not covered in this leaflet.

The doctors and nurses are there to help you. They will always make time to listen to you and answer your questions. If you do not fully understand anything about your hydrocele repair, please ask.

If you become ill or cannot keep your Day Unit appointment for any reason, please tell us as early as possible so that another patient can be offered treatment.

We will rearrange your appointment.

Our telephone number is 01904 725126.

Please bring your completed admission form with you and your consent form (FYCON85-1 Hydrocele Repair (adult)) if you have signed it in advance.

Once you have been told your time to arrive at hospital, please follow the rules below:

- You should have **NO** food or cloudy drinks during the **six** hours before your admission.
- You should drink plenty of clear fluids (those you can see through) until **two** hours before your admission.
- You should not have anything during the **two** hours prior to your admission.
- Do bath or shower as usual before your appointment.
- Please bring a pair of close fitting underpants, swimming shorts or a jock strap to wear after the operation but **NOT** boxer shorts.
- Do keep valuables at home.
- Do bring something to help pass the time while you wait on the Day Unit, e.g. books, magazines.
- Do arrange for an adult to accompany you home and to stay with you for 24 hours following surgery.
- Do arrange your transport home. Car parking is limited at York Hospital.

Before your procedure, please telephone the Department of Urology immediately on 01904 725126 if you have any of the following...

- An artificial heart valve
- A coronary artery stent
- A pacemaker or defibrillator
- A regular prescription for Warfarin or Clopidogrel (Plavix[®]) or any other blood-thinner except Aspirin
- A previous or current MRSA infection
- A high risk of variant-CJD (if you have received a corneal transplant, a neurosurgical dural transplant or previous injections of human-derived growth hormone).

What is a hydrocele repair?

A hydrocele is a collection of fluid around the testicle. It is usually a benign (non-cancerous) condition caused by either over-production or under-drainage of fluid from the sac (bag) that contains the testicle.

A hydrocele repair is an operation to correct and remove this fluid collection when the fluid collection itself is causing you symptoms (such as discomfort or problems because of its size).

Are there any risks in having a hydrocele repair?

Most procedures have a potential for side effects. You should be reassured that although all these complications are well-recognised, the majority of patients do not suffer from any problems at all.

Common (occur in greater than 10% of patients)

- A small amount of skin bruising is inevitable for several days.
- Swelling of the scrotum lasting for several days.
- Seepage of a small amount of yellowish fluid from the incision for several days.

Occasional (2-10%)

- Blood collection ('haematoma') around the testicle which resolves slowly on its own or may require surgical removal.
- Possible infection of the incision or the testis requiring further treatment with antibiotics or surgical drainage.

Rare (less than 2%)

- Recurrence of the fluid collection.
- Chronic pain in the testicle or scrotum.

Hospital-acquired infection

- Colonisation with MRSA (0.9% - 1 in 110)
- Clostridium difficile bowel infection (0.2% - 1 in 500)
- MRSA bloodstream infection (0.08% - 1 in 1250)

The rates for hospital-acquired infection may be greater in high-risk patients e.g. with long-term drainage tubes, after removal of the bladder for cancer, after previous infections, after prolonged hospitalisation or after multiple admissions.

Your surgeon will have discussed the risks with you in the outpatient clinic. If you are concerned about any of the risks, however, please speak to your surgeon again.

What are the benefits of having a hydrocele repair?

The aim is to relieve you of the problems the fluid collection is causing you (such as discomfort or problems relating to its size).

What are the alternatives to a hydrocele repair?

- No treatment at all.
- Drainage of the fluid with a needle (called 'aspiration').

What happens when I arrive at the Day Unit?

The nurses introduce themselves to you and explain what will happen to you during your stay. You will be asked about your present medicines, any allergies you may have, your arrangements for going home and who is to look after you.

The surgeon will check your details with you and ask you to sign the consent form (FYCON85-1 Hydrocele Repair (adult)) (if you have not already done so) saying that you:

- Fully understand your operation and anaesthetic,
- Fully understand the risks and benefits,
- Are aware of the alternatives, and
- Agree to have the operation.

The form will be kept in your Patient Notes, and you will also be offered a copy for your own records. The surgeon will also draw a mark/arrow on your skin, typically in the region of your upper thigh, corresponding to the side of your hydrocele to be operated upon.

What happens before my hydrocele repair?

You are asked to change into a theatre gown and one of our dressing gowns. You may prefer to bring your own, but it must be clean as you are going into an operating theatre area.

You will be taken to the operating theatre where your identity is checked as part of the safety procedures.

What kind of anaesthetic will I have?

You will usually have a general or spinal anaesthetic. You should discuss this with your doctor in the outpatient clinic. Please remember, you **must not** drive for 24 hours following a general anaesthetic. Your anaesthetist will speak to you before your operation to discuss any concerns you may have and to check when you last had something to eat or drink.

You should have been given a leaflet that contains more information about your anaesthetic.

What happens during my hydrocele repair operation?

The surgeon makes a cut in your scrotum on the side of your hydrocele to reach the fluid collection. The sac containing the fluid is opened and the fluid released. The sac is then stitched up in such a way that the fluid collection should not recur in the future. Any bleeding that may have occurred is then controlled and the skin cut is closed with dissolving stitches.

Additional local anaesthetic is then injected around the wound and a supportive dressing applied.

If you have had a general anaesthetic you must not drive yourself, cycle or use public transport for 24 hours following your operation.

What happens after my hydrocele repair?

You are taken to the recovery area where a nurse will check your progress. When the nurse is happy with your recovery, you will be returned to your trolley or bed in the ward area. You will be offered a drink when you are able to sit up.

How will I feel after my hydrocele repair?

You will have some soreness and swelling for a few days. Any discomfort should be controlled with simple painkillers, for example, paracetamol.

Before you leave the Day Unit

A nurse will go through the discharge instructions with you and tell you about the care you need at home. Please ask if you are unsure of any of the instructions.

When can I go home?

Following a general anaesthetic, you will be able to go home with an adult who can look after you when it is felt you are ready to. Your surgeon will discuss your operation with you before you go home.

Can I bath or shower?

Please keep your stitches dry for the first 24 hours following your operation, and then bath or shower every day. Your stitches will dissolve in 10 to 30 days.

When can I resume my usual activities?

For the first day following your operation you should rest as much as possible. Usually, it will take between 10 and 14 days for you to recover from your operation. During this period, you should avoid strenuous activity.

When can I have sex again?

When it does not cause you any discomfort. It would be unusual for this to be within the first week after the operation.

When can I drive again?

You will be able to drive again when your wound is comfortable. You must be able to perform an emergency stop comfortably before you are safe to drive on the roads.

Please ask if there is anything you do not fully understand about your treatment or if there is anything you are uncertain about.

What should I do if I have any problems or worries about my hydrocele repair after going home?

In the first 24 hours following your operation, please telephone the Day Unit on 01904 726518 or 725707 between 8am and 8pm. You will then be directed to the secretary of the Consultant under whose care you had your hydrocele repair. If you have problems more than 24 hours after your operation, please contact your GP.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Mr F Kondylis, Consultant Urologist, Department of Urology, York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 725972.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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