

# Orchiectomy Postoperative (Post-Op) Instructions



Your child is going home today. They will need your help to get better after their surgery. Here are some tips to help you take care of them:

## Pain

Your child got pain medicine during and right after their surgery. They also got medicine to numb the groin area. It's normal for your child to feel some discomfort in the first few days. Older children might feel abdominal (stomach) discomfort because of muscle soreness. You may give pain medication before activities or at bedtime. Here are some pain medicines you can give to your child:

- **Acetaminophen (Tylenol):** You can give acetaminophen (Tylenol) every 4 hours as needed for pain. Follow the instructions on the medicine box based on your child's weight.
- **Ibuprofen (Motrin):** You can give Ibuprofen (Motrin) every 6-8 hours as needed for pain. It can be given with Tylenol. Follow the instructions on the medicine box based on your child's weight.
- **Acetaminophen with Hydrocodone (Hycet or Norco):** If needed, you can give acetaminophen with Hydrocodone (Hycet or Norco) for the first few days after surgery. If they're not having a lot of pain, just regular Tylenol or Motrin are appropriate. Don't give Hycet/Norco and Tylenol together, because they both have Tylenol in it and can cause an overdose. These medicines can cause constipation so your child might need a stool softener like Miralax. This will make it easier for your child to poop.

**Call our office if your child has severe pain that will not go away, even after pain medicine.**

## Dressing

- The cut (incision) in the groin area will have a layer of special glue on top. This will wash away over the next few weeks.
- Once the surgical glue has washed away, no other dressings are needed.

## Appearance

- There might be bruising and swelling, even when there's no incision (cut). This is normal and will get better over time. The skin on the groin usually doesn't look bruised or swollen.

**Call our office if the redness near the groin stitches gets worse and spreads, or if there is pus coming out from the stitches.**

## Bleeding

It's normal to see a small amount of dried blood on the dressings and stitches. Don't worry about it.

- If there's a lot of bleeding or oozing from the stitches, press gently with a clean washcloth for five (5) minutes and call the office.

## Urine Output

Your child's urine (pee) output should be normal.

## Urology

Call our office if your child hasn't peed in 8-12 hours after surgery.

## Fever

A low-grade fever is normal in the first 24 hours after surgery. Give fluids and Tylenol (acetaminophen) for fevers lower than 101°F or 38°C.

**Call our office if your child has a high fever (above 101°F or 38°C) even after giving Tylenol.**

## Activity

- Your child was put to sleep (general anesthesia) for the procedure. They should rest today and be watched closely.
- Your child can go back to daycare or school in 7 days. They should be excused from PE (physical education) classes for at least 2 weeks.
- For the next two (2) weeks, your child shouldn't do activities that may cause oozing from the stitches, or damage to the groin or genitals. This includes:
  - toys that require straddling or jumping (such as bicycles or trampolines)
  - rough or active playing, wrestling or gymnastics

## Bathing

- Give your child sponge baths for the first two (2) days. After that, they can take regular showers or quick baths, even with the bandages in place.

## Diet

- Your child can eat normally once they drink fluids without vomiting.

## After Surgery Visit

- Your child will have a follow-up appointment in the clinic in 4-6 weeks. Call (323) 361-2247 to schedule the appointment.

## Important Phone Numbers

Urology Clinic	
During Regular Business Hours <ul style="list-style-type: none"><li>• Call (323) 361-2247</li><li>• Monday to Friday, 8 a.m. to 4:30 p.m:</li></ul>	During Evenings, Weekends or Holidays: <ul style="list-style-type: none"><li>• Call (323) 660-2450</li><li>• Ask the Operator to page Pediatric Urology on call.</li></ul>

## Urology

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

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