

# Orchidopexy

An orchidopexy is an operation to bring down undescended testes (testicles) to the scrotum. An incision (cut) is usually made in the groin and scrotum.

## Length of Surgery

Your son will be away from you for approximately 60 minutes.

## Post Operatively

Some children may be distressed and upset when they return from theatre. This can be normal after an anaesthetic and they should settle after a short time. If your child returns to the ward upset, it is important to comfort your child with cuddles and reassurance.

The nurse will monitor your child closely post-operatively, including an assessment of their pulse rate, breathing and any pain.

Your child will need to stay post operatively in Day Surgery for a minimum of one hour depending on their recovery. They must be fully awake and eating and drinking before discharge. It is not normally necessary for your child to stay in hospital overnight.

Your child may return from theatre with an Intravenous Cannula (IV drip) in their hand. The nurse will remove this before you go home.

## Pain Management

The type of pain relief required after the operation depends on the degree of surgery. Your child will be given pain relief during their surgery and should be comfortable on return from theatre. Please speak to your nurse if you feel that your child is in pain.

On discharge the nursing staff will give you a Pain Management pamphlet regarding pain relief at home.

## At home

### Eating and drinking

Your child can start drinking and eating something light as soon as they are fully awake in Day Surgery. Some children may have nausea and vomiting after surgery. Please inform your nurse if your child feels sick or vomits.

Babies can breast feed or bottle feed immediately.

There is no need for a special diet after this surgery, but it is recommended that your child avoids greasy or junk food for approximately 24 hours after surgery.

### Nausea and Vomiting

Do not be concerned if your child vomits once or twice after leaving hospital. If they vomit or feel sick, stop giving them food for about an hour. Then try a light diet, and see how much your child can manage without feeling ill. However, if your child keeps vomiting please seek medical attention by either calling your child's surgeon or your nearest emergency department.



### Activity

Your child should reduce their activities during the next 24 hours and be under adult supervision to help them fully recover from the anaesthetic and procedure.

Your child should be ready to return to school/childcare/kindergarten after three to five days.

It is recommended that your child does not do any competitive sporting activities (including bike riding) for two weeks. Please check specific details with your doctor before you leave hospital.

### Wound Care

If a dressing is covering the wound leave the dressing in place for five days unless otherwise advised.

Sutures (stitches) used in the surgery are dissolvable and will not require removal.

Some bruising can be expected but if you are concerned, please seek medical advice.

Observe wounds for general signs of infection. These include heat to the site, pus/ooze, foul, smell, swelling, redness, fever or pain. If signs of infection are noticed, seek medical attention.

If bleeding occurs, sit your child down and apply firm, steady pressure to the area for 10 minutes with gauze or a clean cloth. Take the pressure off and continue to watch the wound for the next 24 hours. If bleeding persists, apply pressure and seek immediate medical attention.

### Bathing

You can bath/shower your child as normal 24 hours after surgery unless advised otherwise.

### Follow Up Appointments

Your nurse or doctor will discuss follow up appointments with you. This will usually be booked for four to six week's time.

All Day Surgery patients will receive a follow up telephone call from a nurse the next day following surgery. This is to enquire on your child's post anaesthetic/surgery condition, post-operation recovery and any questions you may have about their care.

It is also an opportunity for you to provide us with any feedback about your child's stay at the Women's and Children's Hospital (WCH).

If you have any concerns after your child's discharge please telephone your private consultant, local GP or the WCH on **(08) 8161 7000** and ask to speak to your surgical team.

**In an emergency call an ambulance or take your child to the nearest doctor or hospital.**

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### For more information

**Women's and Children's Hospital**  
King William Road  
North Adelaide SA 5006  
**(08) 8161 7000**  
[www.wch.sa.gov.au](http://www.wch.sa.gov.au)