

Scrotal Exploration

Your child has had an operation to explore their scrotum to examine the testicle.

After surgery the surgeon will contact you to inform you of the findings. Sometimes there is no obvious cause found to explain the pain. Sometimes the pain is caused by something called Torsion of the Testis or Torsion of a Testicular Appendage

What is Torsion of a Testis?

Testicular torsion occurs when a testicle rotates, twisting the spermatic cord that brings blood to the scrotum. The reduced blood flow causes sudden and often severe pain and swelling and can cause loss of the testis. Testicular torsion is most common between ages 12 and 18, but it can occur at any age, even before birth

What is Torsion of a Testicular Appendage?

Torsion of a testicular appendage is a common cause of testicular pain in younger boys with most cases occurring between the ages of 7 and 14 years. The testicular appendage and the epididymal appendage are functionless bits of tissue left over after embryonic development. These structures can twist leading to an interruption in blood flow which causes varying amounts of testicular pain. It can sometimes cause a significant inflammatory response leading to swelling and discolouration.

What to expect after surgery

Your doctor(s) will call or come and visit you and your child after surgery. The nursing team will closely observe and care for your child during their hospital stay.

Diet and fluids

- > Your child will be allowed to eat and drink as tolerated on return back from their operation
- > Your child may return from the operating theatre with an intravenous (I.V.) cannula (“drip”) so that medications can be given as needed and if I.V. fluids are required for hydration
- > Your child may have some nausea and vomiting after surgery. Medications can be given to help this, so please tell your nurse if your child feels sick or vomits

Mobilising

- > Encouraging your child to get up and move around as soon as possible can help with their recovery
- > It is expected that your child will have some pain and discomfort after the operation

Pain relief

- > Your child will be given pain relief that is either syrup or tablets



Discharge Care

- > Contact sports and activities where pressure to the groin may occur (bike riding, horse riding, trampolining, etc) should be avoided for 2 weeks following surgery
- > Your child should return to school, kindergarten or childcare once comfortable
- > Bath or shower your child as normal. Wounds can get wet. We apply a spray to the wound instead of applying a dressing which acts to seal the wound. Gently pat area dry when washing and avoid scrubbing.
- > Sutures (“stitches”) are dissolvable.
- > Sometimes clear wound “glue” is used on the wound(s). This is dissolvable and does not need a dressing. Your child should avoid picking at the wound glue.
- > Observe wounds for signs of infection. These include warmth at the site, pus/ooze, smelly odour, swelling, redness, fever or pain.
- > Some bruising can be expected, but if you are concerned, seek medical advice from the hospital.
- > Wearing tight fitting supportive underwear will help to reduce bounce and friction and improve comfort
- > Use paracetamol (Panadol) as the first pain relieving medication, adding ibuprofen (Nurofen) if further pain relief is needed.

Seek immediate medical attention if your child has a fever, increasing pain, vomiting, or wound discharge or for any concerns that the wound looks infected

GOALS FOR DISCHARGE

(child or care giver to tick once complete)

- I can get out of bed and walk around the ward on my own
- I have required only Paracetamol (“Panadol”) and/or Ibuprofen (“Nurofen”) for pain
- I can eat and drink without feeling “sick”
- There is no ooze or redness on my wounds
- Transport home arranged



Follow up

- > A follow up appointment will be organised for about 4 weeks following your child’s surgery. This appointment will be to see a doctor in the outpatients department at the hospital and details for this appointment will usually be given to you before you go home. If there are barriers to follow up at WCH, such as distance to travel for rural patients, GP follow up may be suggested.

If you have any concerns after your child leaves hospital please telephone your GP, private doctor or the WCH on (08) 8161 7000 and ask to speak to the Surgical team

For more information

Surgical Services
Women’s and Children’s Hospital
72 King William Rd, North Adelaide SA 5006
Telephone (08) 8161 7000

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