

Department of Pediatric Urology

Caring for your Child at Home after a Hydrocelectomy/Herniorrhaphy

These are general guidelines to assist you in caring for your child after their hydrocelectomy. These guidelines are an extra tool to guide you, however, our team remains available to answer any immediate concerns you may have once your child is discharged.

What is a Hydrocelectomy/Herniorrhaphy?

- A hydrocele is a collection of fluid around the testicle; it occurs when there is an opening (hernia) between the abdomen and the scrotum; a Hydrocelectomy/herniorrhaphy is a surgery to drain the fluid and close the opening.

Care for the Surgical Site

- The surgical incisions should be kept clean and dry
 - Groin Incision – Will be covered with small bandages called “steri-strips” which will fall on their own within 10-14 days after surgery. A dressing may also be used to cover the steri-strips, remove as per instructions given by your child’s surgeon. Dressing may be removed in the bath to decrease discomfort.
 - Scrotal Incision – Will be open to air with Polysporin ointment applied to the incision. The dissolvable sutures placed during surgery will dissolve within 2-3 weeks. Continue applying Polysporin ointment until sutures are dissolved.
 - Penrose Drain – Some children may have a small straw-like drain placed in the scrotum during surgery that they will be discharged home with. This will help drain any additionally accumulated fluid around the testicle after surgery. You will need to regularly change the dressing covering the drain and keep a diary of the quantity of drainage. Once drainage is minimal/stopped completely the drain can be removed.
- Some bruising and swelling around the surgical incisions is expected. This will improve within days-weeks after surgery.
- If bleeding occurs use a gauze to apply gentle pressure to the area for 3 to 5 minutes

Pain Management

- Give Tylenol and Advil regularly for the first 48 hours to ensure good pain control. These medications can be given in an alternating fashion or combined together depending your child’s pain level.
- Here are some examples of schedules for administering the medications:

Suggested Schedule #1

| | |
|----------------------------------|-------|
| Tylenol – As per prescribed dose | 9h00 |
| Advil – As per prescribed dose | 12h00 |
| Tylenol – As per prescribed dose | 15h0 |
| Advil – As per prescribed dose | 18h00 |
| Tylenol – As per prescribed dose | 21h00 |

Suggested Schedule #2

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|--|-------|
| Tylenol & Advil – As per prescribed dose | 9h00 |
| Tylenol & Advil – As per prescribed dose | 15h00 |
| Tylenol & Advil – As per prescribed dose | 21h00 |

****Be sure to respect your child’s sleep and do not wake them during the night to give medications****

Diet

- Progressively increase your child’s diet as tolerated 1-2 hours after surgery.
- Starting with clear fluid (water, apple juice, Popsicle, etc.), then soft diet (soup, yogurt, cereal, etc.), then regular diet.

Activities

- Quiet activities with close supervision can be resumed on the day of surgery
- After 24 hours - children can resume activities as tolerated
 - No swimming or sports for 2 - 4 weeks following surgery
- Your child may return to daycare/school after 3-7 days.

Bathing

- Can begin bathing/showering 24-48 hours after surgery

When to call our team?

- Pain that does not decrease despite giving prescribed medications
- A fever 38.5°C or higher, 48 hours AFTER surgery
- Redness and tenderness that begins to worsen 3 days after surgery
- Drainage or bleeding from the incision that does not stop with gentle pressure for 5 minutes

****Do not hesitate to call us if you have any questions or concerns about your child’s care at home****

Pediatric Urology Department

Monday – Friday from 9h00 – 17h00
(514) 412-4400 ext. 22875

Pediatric Urology Nurse Practitioner – Sabrina Marchetta

Tuesday – Friday from 7h00 – 17h00
(514) 412-4400 ext. 36376

Any urgent issues outside these hours or on statutory holidays please present to the Emergency Department at the Montreal Children’s Hospital