

## Department of Pediatric Urology

# Caring for your Child at Home after an Orchidopexy for Undescended Testes

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

### What is an Orchidopexy for Undescended Testes?

- A surgery to move an undescended testicle into the scrotum and permanently fix it there.

### Care for the Surgical Site

- The surgical incisions should be kept clean and dry
- There may be 3 types of incisions after an orchidopexy depending on the level at which the testicle is located
  - Groin Incision – Will be covered with small bandages called “steri-strips” which will fall on their own within 10-14 days. A dressing may also be covering the steri-strips, remove the dressing as per the instruction given by your child’s surgeon. Dressing can be removed in bath to decrease discomfort.
  - Scrotal Incision – Will be open to air with Polysporin applied to the incision. The dissolvable sutures placed during surgery will dissolve within 2-3 weeks. Continue applying Polysporin ointment until sutures are dissolved.
  - Laparoscopic Incisions – 3 small incisions on the abdomen that will be covered with small bandages called “steri strips” which will fall on their own within 10-14 days. A dressing may also be covering the steri-strips, remove the dressing 24 hours after surgery. Dressing can be removed in bath to decrease discomfort.
- 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	15h00
Advil – As per prescribed dose	18h00
Tylenol – As per prescribed dose	21h00

**Suggested Schedule #2**

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, contact sports or straddle toys (bikes, rocking horse, walkers, etc.) for 2 - 4 weeks after 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**