

Department of Pediatric Urology

Caring for your Child at Home after an Orchidopexy for a Testicular Torsion

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 Testicular Torsion?

- Testicular torsion is a condition in which the blood vessels that carry blood to the testicle become twisted and the blood supply to the testicle is lost. An orchidopexy is a surgery to un-twist the blood vessels of the testicle and permanently fix the testicle in the correct position.

Care for the Surgical Site

- The surgical incisions should be kept clean and dry
 - 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.
 - Scrotal Support Dressing – In some patient's that present with significant scrotal swelling, there may be a supportive dressing in place after surgery. This dressing helps to support and relieve discomfort caused by the swelling.
- Some bruising and swelling around the surgical incisions is expected. This will improve within days-weeks after surgery.
- If bleeding occurs use a gauze with Polysporin ointment on it 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
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Pediatric Urology Nurse Practitioner – Sabrina Marchetta
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Any urgent issues outside these hours or on statutory holidays please present to the Emergency Department at the Montreal Children's Hospital