

# Orchiopexy

## postoperative instructions

### What is it?

Orchiopexy is a surgical procedure to move a testicle into proper position in the scrotum.

### After surgery, what should I expect?

Most often this is an outpatient procedure. The patient may go home after he has rested for a short time following his surgery.

- Expect some mild bleeding and oozing around the incision for the first week after surgery.
- Red/pink urine can occur the first few days after surgery.
- Swelling of the testes is not uncommon for the first 48 hours after surgery. You may want to use a bag of frozen peas wrapped in a towel to help reduce the swelling.

### Diet and activity after surgery

- After surgery, you will be given clear liquids such as broth, juices or gelatin. You may return to a normal diet as soon as you are able.
- You will be asked to walk soon after surgery to return circulation, breathing and bowel function back to normal. This is very important in preventing the occurrence of blood clots.
- Walk at least three times a day, gradually increasing your distance.
- Activity can be resumed immediately after surgery but avoid any “straddling activities” (bicycles, etc.) until 30 days after surgery. Avoid strenuous activity for at least 10 days after surgery.
- You may bathe or shower 48 hours after surgery.
- Avoid lifting any weight over 15 pounds for the first two weeks after surgery.
- Pink-tinted urine is not unusual after surgery.

### If you experience any of the following, please contact our office:

- Incision becomes increasingly red, swollen or warm to touch.
- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Difficulty passing urine.
- Large amounts of drainage from incision site or opening in the site.

**Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.**

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