



ORCHIDOPEXY

Dear Parents, your child has just had an orchidopexy and is ready to go home. An orchidopexy is a surgery to move an undescended testicle into the scrotum and permanently fix it there. This following information will help ensure your child has a safe recovery after leaving the hospital.

Care for the surgical site

- No special wound care, but keep the area dry and clean.
- There will be an incision in the inguinal (groin) skin crease. Reinforced sticky tapes called steri-strips may have been applied directly on the wound. Leave them in place and do not pull them off; unless they will not fall off on their own after 10 days after surgery. A clear plastic dressing or a gauze dressing will cover the incision. Remove the dressing at home as instructed by the surgeon. Some bruising and swelling may be seen for at least 3-5 days.
- If the surgery is performed through the scrotum, a dissolvable suture is present that will fall out as the healing progresses, within 10 to 14 days.

Pain Management

- Give acetaminophen (Tylenol® or Tempra®) every 4 hours if needed, but no more than 5 doses total in 24 hours. Next dose may be given only at _____ hours.
- Other medications might be prescribed. **It is very important to follow the exact dosage and frequency prescribed.**
- Refer to other instructed pain management information.
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When will life go back to normal?

- **Activity:** Quiet activities today with close supervision.
After 24 hours:
 - Under 4 years old: no restriction but close supervision, no straddle toys for 10 days;
 - 4-10 years old: no bicycle, gym, or contact sports for 2 weeks;
 - Over 10 years old: no bicycle, gym, or contact sports for 4-6 weeks; no competitive sports for 2-3 months.
- **Bathing:** Sponge bath for the first 48 hours, then begin tub baths or shower.
- **Diet:** Give water, apple juice, Popsicle, flat ginger ale or Jell-O for one to two hours. If tolerated, proceed to a soft diet such as soup, yogurt, ice cream and/or cereal. The day after surgery, your child may take a normal diet.
- **School / Daycare:** May go back to school/daycare after 3-5 days.

When to call the doctor?

- Pain that does not lessen even after giving your child the prescribed medications.
- A fever of 38.5° C (101°F) or higher, 48 hours after the surgery.
- Increased redness and swelling around the incision.
- Drainage or bleeding from the incision.

Follow-up

- For your next appointment please call 514-934-1934, extension: _____
- Clinic _____ Doctor: _____
- Type of follow-up recommended: in clinic by phone other _____

Contact Information

IF CONCERNED, PLEASE CALL THE MONTREAL CHILDREN'S HOSPITAL AT 514-934-1934 AND ASK FOR THE PHYSICIAN ON CALL FOR THE _____ SERVICE OR COME TO THE EMERGENCY ROOM OF THE HOSPITAL.

***Disclaimer:** Information provided by this pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning the care of your child.*