

Patient Information - Scrotal Surgery

Scrotal Surgery

Patient information leaflet - Pre and Post Operative Information Advice

Critical Care Directorate - Mottingham Ward/Acer Unit

Darent Valley Hospital

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Information accurate at time of going to print.

About your operation

Scrotal surgery is usually performed due to the following reasons:

Vasectomy/Vasectomy Reversal

The vas is a tube, which carries the sperm from the testicle round through the groin and eventually into the urethra via ejaculatory ducts.

Vasectomy is the operation by which a portion of about 1.5cms of the vas is excised and the two ends tied off, thereby preventing the sperm from the testicle reaching its destination. The operation is done through either one or two small incisions in the scrotum, usually under a local anaesthetic, or general anaesthetic if preferred. The skin will be reapproximated with absorbable sutures, which do not need to be removed. Reversal aims to undo this process.

Epididymal Cyst

These usually develop during adult life. They may be both sides and multiple. If large and producing symptoms they may require surgical removal.

Hydrocele

Hydrocele is an excessive collection of fluid in the sac surrounding the testis. The sac may be required to be removed surgically.

Varicocele

The veins of the spermatic cord can become varicose and may require divisions and ligation of the varicosities under surgical intervention. All sutures are absorbable and do not need removal. Occasionally it may be necessary for you to shave the area prior to admission, if required you will be advised by the preassessment nurse

What should I do before my operation

It is important to follow the advice on your admission letter and that given by the preadmission assessment nurse.

Your procedure may involve either a general or a local anaesthetic and you will be advised accordingly when to stop eating and drinking, and whether to stop or continue regular medication. Please follow the pre-operative fasting instructions given by the pre-admission nurse specifically for day surgical procedures to aid recovery.

You should refrain from smoking and drinking alcohol for 48 hours prior to your operation. Stopping smoking is the best thing you can do to improve your surgical outcomes and future health. Darent Valley and Queen Mary Hospitals are smoke free sites. If you are experiencing nicotine withdrawal symptoms whilst in our care, please ask staff about nicotine replacement therapy to keep you comfortable, and a referral to your local NHS stop smoking service

What is a local anaesthetic?

If your operation is possible to be performed whilst you are awake. Injections of local anaesthetic and painkillers will be given around the operation site to numb the area. This may last for 2-4 hours.

After a general anaesthetic, what arrangements do I need to make?

Even though you may feel quite normal, there is a period following a general anaesthetic or sedation in which your judgement, performance and reaction are impaired. Therefore, it is important that a friend or relative must collect you from either Mottingham Ward or Acer Unit, and you must have someone to stay with you for the next 24 hours. If you are unable to provide a suitable carer, your operation may be postponed or cancelled.

You must not drive yourself home, or travel by public transport. Due to the effects, you should not drink alcohol, drive a car, ride a bicycle, operate machinery, use kitchen equipment, sign legal documents or do anything particularly dangerous for 24 hours. Smoking may cause dizziness and is discouraged

What do I need to bring in with me to hospital on the day of my operation?

Dressing gown and slippers if you have any suitable comfortable trousers, i.e. tracksuit or jogging trousers. Something to read. Remove as much jewellery as possible and leave it at home. The Trust is not responsible for valuables.

Relatives, Friends and Carers

We request that all visitors leave the unit once the patient has been dropped off, unless there is a specific clinical need which needs to be identified to the nurses.

Pain Relief

Please follow the pain relief advice leaflet given by your pre-operative assessment nurse. During your anaesthetic, you will be given pain-relieving medicines. After your operation, your nurse will give you more pain relief medication as necessary. Please ensure you have a stock of your usual painkillers at home.

What do I have to do after the operation?

Supportive Y-Fronts or a Jockstrap should be worn both day and night for as long as you think it is helpful in terms of your comfort.

Wound Management

You may have a bath/shower 48 hours following your operation. All wounds progress through several stages of healing the following are frequently experienced:

- Bruising, which may take up to 10 days to disappear.
- Unusual sensations such as tingling, numbness or itching.
- A hard lumpy feeling as new scar tissues forms.

Do not worry about these. Consult your GP if you experience increasing pain in the wound, increasing swelling in the scrotum or any discharge from the wound.

Normal sexual relations can be resumed as soon as you feel comfortable unless advised otherwise.

If you have had a Vasectomy you will be asked to give two sperm samples at 3 and 4 months respectively after your operation. Semen samples should be taken to Medway Maritime Hospital Pathology Department, between the hours of 9.00a.m. - 4.00p.m. Monday to Friday.

YOU MUST CONTINUE CONTRACEPTIVE PRECAUTIONS UNTIL THEN. ONLY IF

BOTH SPECIMENS SHOW NO SPERM SHOULD YOU CEASE CONTRACEPTION.

How long will I need off work?

Time off work will depend on what work you do and the type of procedure you have had. You will be advised accordingly and if necessary, a medical certificate written by the surgeon will be written for the maximum of two weeks. Your GP will assess you for further certification. Sporting activities can be resumed only on advice of your surgeon.

Who do I contact if I have any problems?

If you are anxious about your condition, do not be afraid to ask for advice, however small your worry may seem. If you feel unwell, this could be the anaesthetic affecting you and your GP will be able to help you. If it is problems with swelling, bleeding or colour changes and increased pain, please contact either: -

- If you were a patient on Acer, please telephone 01322 428267/8.
- If you were a patient at Queen Mary's Hospital, Sidcup, please telephone 0208 302 2678
- Telephone your G.P. or Practice Nurse.
- Telephone 111

We hope your stay with us was pleasant, but if you are dissatisfied with any aspect of your care, please contact the Ward Manager

This leaflet has been developed in partnership with the Patient Information Group and our DGT Patient Partners

Patient Information

Further patient leaflets are available from the Dartford and Gravesham NHS Trust website: <https://www.dgt.nhs.uk/patients-and-visitors/patient-information-leaflets> Please ask a member of staff if you require information in another language or format.

Complaints, Comments, Concerns and Compliments

Please speak to the staff in the ward or department caring for you if you have any concerns or questions relating to your care or that of a loved one.

Compliments can be shared by visiting: <https://www.dgt.nhs.uk/contact-us/compliments>

Alternatively, please contact the Patient Advice and Liaison Service (PALS) on 01322 428382 Email: dgn-tr.PALS@nhs.net

Patient Property

Please do not bring large sums of money or valuable items into the hospital. Dartford and Gravesham NHS Trust accepts no responsibility for the loss or damage to personal property unless it is handed into Trust staff for safe-keeping.

Dartford and Gravesham NHS Trust operate smoke-free hospitals. This means that smoking is not permitted anywhere on hospital grounds. For help to quit smoking please visit www.kentcht.nhs.uk/service/one-you-smokefree/

Use of alcohol or illicit drugs is not permitted anywhere on the hospital site. For drug and alcohol support please speak to your nurse or doctor or

Visit: www.changegrowlive.org/westkent/help

Call: 0330 128 1113

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