

Radical orchiectomy is a safe and effective procedure to remove a testicle for the suspicion of testicular cancer. The surgery is performed through a small incision in the groin. At a later date, the removed testicle can be replaced with an artificial testicle to restore the original appearance of the scrotum.

PREPARATION FOR SURGERY >

Medications to avoid prior to surgery

Any medications that affect bleeding should be stopped prior to surgery. The following medications should be stopped 7 days prior to surgery: ASA (Aspirin/Entrophen), warfarin (Coumadin), clopidogrel (Plavix), dipyridamole (Aggrenox), ticagrelor (Brilinta), ibuprofen (Advil/Motrin) and other non-steroidal anti-inflammatories (NSAIDs). The following medications should be stopped 72 hours prior to surgery: dabigatran (Pradaxa), rivaroxaban (Xarelto) and apixaban (Eliquis). If you have any questions about your medications prior to surgery, please contact your surgeon.

Diet prior to surgery

You may eat your normal diet up until midnight the night before your surgery. Do not eat any solid food, milk or cream after midnight the night before your surgery. You may drink up to 400 mL (1.5 cups) of water up to 3 hours before surgery. You may not drink any other fluids. You may have sips of water with your morning medications.

THE SURGERY >

In the operating room

Radical orchiectomy is performed under a general anesthetic, meaning you will be asleep for the operation, or under a regional anesthetic, meaning you will be frozen from the lower abdomen downward. The operation typically takes 30-60 minutes.

Potential risks and complications

Although the operation is very safe, a number of potential risks exist. These include the following:

- Bleeding, which may result in a large collection of blood in the scrotum called a hematoma
- Infection

- Wound breakdown
- Scrotal swelling
- Hernia
- Nerve injury, which may result in numbness on the side of the scrotum
- Chronic scrotal discomfort
- General risks associated with all types of surgery including heart attack, stroke and blood clots in the legs or lungs

WHAT TO EXPECT AFTER SURGERY >

During your stay in hospital

- **Length of hospitalization:** You can return home the day of your surgery.
- **Pain:** You may experience some mild discomfort after surgery in the groin region. This can be treated with pain medications by mouth.
- **Diet:** You will be able to resume your normal diet after your surgery.
- **Ambulation:** You are encouraged to walk around beginning in the evening after your surgery.

After leaving the hospital

- **Pain:** You may experience some discomfort in the groin region or scrotum after your discharge. This can usually be controlled with Extra-Strength Tylenol. You will be given a prescription for a stronger pain medication in case it is needed.
- **Showering:** You may shower 2 days after your surgery. Do not soak your incision. Carefully dry your incision following a shower. You may not take a bath for 2 weeks after your surgery.
- **Activity:** Walking is strongly encouraged after your surgery. Prolonged lying in bed should be avoided to prevent the development of blood clots in your legs. Heavy lifting (more than 10-20 pounds), running and vigorous exercise must be avoided for 6 weeks after your surgery. Sexual activity should be avoided for 2 weeks.
- **Incision:** Your incisions will have been closed with staples or stitches. If you have staples, these must be removed 10-14 days after your surgery by either your family doctor or your surgeon. If you have stitches, these will dissolve on their own and do not need to be removed.
- **Scrotal care:** Supportive underwear or a scrotal support may reduce swelling of the scrotum. You are encouraged to apply an ice pack or bag of frozen peas (wrapped in a light towel or cloth) over the scrotum for 10-20 minutes each hour for 48 hours after your surgery.

- **Diet:** You may resume your normal diet once you have returned home from hospital.
- **Work:** Most people can return to work 1-2 weeks after surgery if they perform desk work or jobs with minimal physical activity. If your work requires heavy lifting or strenuous activity, you cannot return for 4-6 weeks.
- **Antibiotics:** You may be given a prescription for antibiotics to take after your surgery to prevent infection.
- **Follow-up appointment:** You will need an appointment to visit your surgeon 2-4 weeks after your surgery to see how you are healing and to review your other test results. Please call your surgeon to schedule this appointment if it has not been done for you before your discharge from hospital.

WHEN TO SEEK MEDICAL CARE >

Contact your surgeon if you experience any of the following after surgery:

- Increased bleeding from your incision
- Your pain gets significantly worse
- Severe enlargement and swelling of the scrotum
- Increasing redness or swelling around your incision
- Unexplained fever over 38.5 degrees Celsius / 101 degrees Fahrenheit
- Very bad smell coming from your incision

Proceed immediately to the emergency room if you experience any of the following after surgery:

- Difficulty breathing or shortness of breath
- Severe lightheadedness or feeling faint
- You have a serious concern and are unable to contact your surgeon