

Hydrocelectomy Post-Op Instructions

You had surgery to remove fluid around the testicle. A small Penrose drain may be left in place to let fluid drain and help reduce fluid re-accumulation. The clinic will call you to arrange drain removal. Timing is variable based on the amount of drainage, commonly within 1-3 days.

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Use **MyChart** for non-urgent questions or photos. Call the clinic for time-sensitive questions. For after-hours urgent concerns, follow the on-call instructions in your discharge paperwork.

WHAT IS NORMAL	CALL CLINIC / SEND MYCHART	GO TO THE ER
<ul style="list-style-type: none"> • Oozing or leakage from the drain site or incision while the drain is in place. • Pink, red, or yellow-clear drainage on gauze. Use gauze inside supportive underwear and wear clothing you are not worried about staining. • Scrotal swelling and bruising. The scrotum may temporarily swell close to its pre-surgery size before slowly improving. • Firmness, lumpiness, pressure, or pulling/tugging sensations around the incision. • Mild to moderate soreness for several days. 	<ul style="list-style-type: none"> • The drain falls out, the drain stitch comes loose, or you are not sure whether the drainage amount is okay. • Drainage becomes thick, pus-like, foul-smelling, or suddenly much heavier. • Pain is worsening or not controlled with the recommended medications. • Swelling becomes rapidly worse, very tight, or much more painful than expected. • Fever over 101 F, spreading redness, warmth, or increasing skin irritation. • Wound edges open, a stitch problem develops, or you have dressing/activity questions. 	<ul style="list-style-type: none"> • Heavy bleeding that soaks through gauze repeatedly and does not slow with steady gentle pressure. • Severe sudden scrotal pain or major swelling, especially with dizziness, fainting, or feeling very ill. • Fever with chills, confusion, weakness, or concern for a serious infection. • Inability to urinate. • Chest pain, trouble breathing, or any emergency concern where you feel unsafe waiting for a clinic call.

Activity	Wound and drain care	Showering
<p>Avoid heavy lifting, strenuous exercise, and straining for about 1-2 weeks. Walking is okay. Gradually increase activity based on how you feel, as long as pain, swelling, and drainage are not worsening. Do not drive while taking narcotic pain medicine.</p>	<p>Wear supportive or compression underwear. Stuffing gauze under the scrotum can help with support and drainage. Change gauze as needed. Do not pull on the Penrose drain. The clinic will arrange drain removal based on drainage.</p>	<p>Showering is okay. Let water run over the area and gently pat dry. Do not scrub the incision or drain site. No baths, pools, hot tubs, or submerging until the wounds have healed and you are cleared to do so.</p>

These instructions are general. Follow any specific instructions given by your surgeon or discharge nurse.