

Radical Inguinal Orchiectomy

Post-Op Expectations & Instructions

Key reminders: shower tomorrow, do not scrub Dermabond, no soaking for 2 weeks, no heavy lifting for 2-3 weeks, and complete pre-clinic tumor markers before your 4-week follow-up if ordered.

What to Expect	What To Do	Call Us / Seek Care If
Groin soreness, tightness, or pulling near the incision	Take pain medicine as prescribed. Walking and light daily activity are okay.	Call if pain is severe, worsening, or not controlled with medication.
Bruising or swelling of the groin or scrotum	Wear supportive underwear or scrotal support. Use ice packs over clothing or a thin towel for 15-20 minutes at a time during the first 24-48 hours.	Call if swelling rapidly worsens, becomes very firm/large, or there is heavy bleeding.
Groin incision with skin glue/Dermabond	You may shower starting tomorrow. Let soap and water run over the incision and pat dry. Do not scrub. The glue will peel off on its own.	Call for increasing redness, warmth, pus-like drainage, wound opening, or fever.
Bathing restrictions	No baths, hot tubs, pools, or swimming for 2 weeks.	Call if the incision becomes very red, swollen, painful, or starts draining pus.
Activity restriction	No heavy lifting greater than 10-15 lb, strenuous exercise, running, squats, heavy yard work, or abdominal straining for about 2-3 weeks.	Call for a new severe groin bulge, worsening pain with activity, or concern for hernia-type swelling.
Sexual activity	Avoid sex or strenuous sexual activity for about 2-4 weeks or until cleared if you are still sore or swollen.	Call if activity causes significant bleeding, swelling, or worsening pain.
Driving and medications	Do not drive for 24 hours after anesthesia. Do not drive while taking narcotic pain medication. Use stool softeners if needed while taking narcotics.	Call for persistent vomiting, inability to keep fluids down, or severe constipation.
Pathology and follow-up	Pathology often returns in about 1-2 weeks, and we will send it to you when available. Formal follow-up is usually around 4 weeks after surgery. If tumor markers are needed, complete them before that visit.	Call if you do not have a follow-up appointment, cannot complete labs, or have not received instructions about next steps.
Testosterone symptoms	Most men do not need testosterone treatment after removal of one testicle. Some fatigue is normal after surgery.	Contact the office if you have persistent low energy, low sex drive, erectile changes, hot flashes, or mood changes.
Emergency symptoms	For urgent problems, seek care right away.	Go to the ER or call 911 for chest pain, shortness of breath, fainting, severe uncontrolled bleeding, or severe uncontrolled pain.