

## Care of a child following Orchidopexy under General Anaesthetic - advice for Parents / Carers / Guardians

Your child will be discharged from hospital when medical and nursing staff are satisfied that they have recovered sufficiently from the anaesthetic.

When you get home, your child may still be sleepy and should be given the chance to rest quietly. It is important that your child does not do anything strenuous on the day of the operation.

### What is Orchidopexy?

This is a surgical procedure to bring the undescended testicle down from the groin and stitch it in place in the scrotum.

### Eating and drinking

Your child may eat a light diet on the day of the operation, nothing too greasy and no fizzy drinks.

### Pain

If the operation site becomes uncomfortable then give a dose of children's paracetamol such as Calpol®, and/or ibuprofen appropriate to the age of your child. This may need to be repeated regularly, according to the manufacturer's instructions. A local anaesthetic block may be used to numb the area of the operation – this will be explained by the anaesthetist.

### Hygiene

Your child may have a shower after 48 hours. If there is a dressing, this may need to be replaced afterwards and dressings will be provided to you by ward staff. Do not allow your child to soak in a bath as this will make the wound soggy and may cause it to break down.

### Exercise/activity/return to school

Your child may return to nursery or school when comfortable but strenuous activity/sport/riding a bike should be avoided for two weeks to allow the operation site to heal.

### Wound healing

Your child may experience some tingling, numbness and soreness around the wound site. This is normal but if there is any increase in pain, discharge, redness or inflammation or if you are concerned please contact the appropriate person, as listed below.

- If your child has stitches which need to be removed, this can usually be done approximately one week after surgery by the Paediatric Community Nurse at home, or by your GP or Practice Nurse.
- If your child has dissolvable stitches then these do not need to be removed as they will dissolve naturally. Nursing and medical staff will tell you if stitches need to be removed or are dissolvable.

## Further information

Conquest Hospital - Kipling Ward Tel: 0300 131 4558  
Eastbourne DGH - Friston SSPAU Tel: (01323) 414946  
Paediatric Community Nurses - Conquest: Tel: (01424) 758054  
- Eastbourne: Tel: 0300 131 4500 Ext: 3849

Own GP or Practice Nurse.

If unable to contact any of the above phone NHS 111.

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4500 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

Your Child's Anaesthetic - Royal College of Anaesthetists and Association of Paediatric Anaesthetists.

The following clinicians have been consulted and agreed this patient information:  
Elizabeth Vaughan, Ward Matron, Friston. Mr Roger Plail, Consultant Urology Surgeon.

Next review date: December 2023  
Responsible clinician: Caroline Stephenson, Practice Educator  
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