

## Patient information

# Hydrocele/Varicocele (adult)

## Martin Corke Day Surgery Unit

### Hydrocele / varicocele (adult)

#### What are they?

Hydrocele is a large collection of fluid around the testicle which may cause discomfort. If the fluid builds up an operation is required to remove the fluid. This involves a small incision; the fluid is drained and the wound stitched with dissolvable stitches.

Varicocele is a condition where the veins around the testicle become swollen and can cause pain. They need to be freed and tied into place.

#### Following your surgery

Stitches are dissolvable and do not need to be removed.

The operation site needs to be kept clean and dry. After 24 hours a daily bath or shower is recommended.

A small amount of swelling and bruising is normal; to help relieve this you will need to wear a scrotal support or fitted underwear for 2 weeks. A folded handkerchief placed inside the support will help with comfort; spare supports can be purchased from your local pharmacy.

You may experience some mild to moderate pain. This can be relieved by taking painkillers. If, on discharge, you are given 3 - 5 days' supply of painkillers, these may be taken as prescribed; otherwise, paracetamol or similar pain-relieving medication is appropriate.

You are advised to avoid contact sports and any sexual activity for two weeks.

You may drive when you can safely perform an emergency stop.

Special instructions .....

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Outpatient appointment .....

This will be sent to you.

Return to work .....

**Contact your GP or GP out-of-hours service if:**

- you have severe pain.
- your operation site becomes increasingly swollen, red, hot and /or produces a discharge - you may have an infection.
- bruising is severe.

If you require any further advice, please contact the Martin Corke Day Surgery on 01284-713959 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the surgical ward F5 on 01284 713262 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or NHS 111

*If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)*  
<https://www.accessable.co.uk>



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