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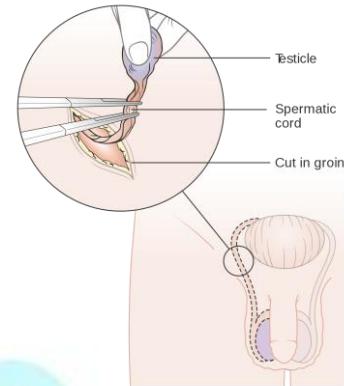
Operation Information

Orchidectomy

Introduction

Orchidectomy is an operation to remove one or both testicles. A testicle rests below the penis in the scrotum which makes sperms and the male hormone called testosterone. The indications for this operation may include:

- Cancer: testicular cancer, prostate cancer and male breast cancer;
- Trauma: sports injuries, motorcycle accidents and other trauma that causes severe damage to the testicle;
- Testicular torsion: twisting of the spermatic cord which supplies blood to the testicle results in permanent damage and necrosis;
- Serious infection: in rare cases, when the infection does not respond to antibiotics;
- Undescended testicle: secondary to the atrophic testicle.



Source:
<https://en.wikipedia.org/wiki/Orcidectomy>

Outcomes

For patients with testicular cancer, orchidectomy is an effective way to obtain a diagnosis. If the surgery is performed at early stages, orchidectomy may offer a cure for testicular cancer. Most cases of orchidectomy for prostate cancer and male breast cancer patients resulted in relief of symptoms, increased survival rate, and shrinkage of the tumors.

Procedures

1. The operation is performed under general anaesthesia.
2. You are arranged in the supine position.
3. An incision over the groin or scrotum is made.
4. The testicle and spermatic cord are removed through the incision.
5. The incision is closed with stitches.
6. The wound is covered by sterile dressing materials.

Possible Risks and Complications

1. Bleeding / haematoma (<2%): in severe cases, blood transfusion and further operations may be needed
2. Wound infection (<1%)
3. Temporary scrotal swelling (5%)
4. Venous thromboembolism: may induce deep vein thrombosis (<1%), pulmonary embolus, stroke and heart attack
5. Infertility: if both testicles are removed
6. Other side effects from the surgery are caused by the absence (for removal of both testicles) of testosterone. Depending on the surgery, these include erectile dysfunction, decreased sex drive, hot flashes, depression, mood swings, weight gain, breast enlargement, and loss of muscle mass.

** The risks listed above are in general terms and the possibility of complications is not exhaustive.

Please understand that even though all operations are carried out with utmost professionalism and care, this does not rule out the possibility of complications from arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

Pre-operative Preparations

1. Good hygiene can prevent surgical wound infection. Therefore, we advise you to clean up yourself on the day of the operation.
2. The procedure and possible complications will be explained by your doctor and a consent form must be signed prior to the operation.
3. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia. Please inform doctor if you are taking medications that affect your blood coagulation, such as Aspirin, Warfarin, Xarelto or Pradaxa and Chinese medicine.
4. You may have a blood test, electrocardiography (ECG), CT scan, and ultrasound for the testicular lump if needed.
5. Shaving to the operating site may be needed.
6. A mark is put on your skin to indicate the site to be operated. Do not remove the marking.
7. No food or drink six hours before the operation.
8. Please change into a surgical gown after removing all belongings including undergarments, dentures, jewellery and contact lenses.
9. Please empty your bladder before the operation.

Post-operative Instructions

General

1. After general anaesthesia, you may:
 - experience discomfort in the throat after tracheal intubation.
 - experience side effects of anaesthesia including feel tired, drowsy, nausea or vomiting. Inform the nurse if symptoms persist or worsen.
2. Please inform the nurse of wound pain. Proper pain relief treatment by injection or oral medication may be prescribed by the doctor.

Wound Care

1. Always keep your wound clean and dry. Inform your nurse if oozing or bleeding is noted.
2. The wound dressing can be removed 24 hours after the operation. You can have a shower after the removal of the dressing. Avoid soaking the wound for long periods. Be reminded to dry the wound area by gently patting and not wiping.
3. The stitches take 2-3 weeks to dissolve.
4. Swelling and bruising over the groin and scrotal area are normal and usually subside gradually. It is advisable to wear supportive underpants but not boxer shorts. Scrotal support may be applied according to your doctor's advice. The support helps reduce swelling and pain.

Diet

1. A normal diet may be resumed as instructed after recovery from anaesthesia.
2. Intake of adequate vegetables and fiber is encouraged to prevent constipation.

Advice on Discharge

1. Please comply with the medication regime as prescribed by your doctor.
2. Please avoid any strenuous activity and heavy lifting for 4 to 6 weeks.
3. In general, you can return to work a few days after the operation. If you are a manual worker, you may need a longer time off.
4. In most cases, low-impact sports can be resumed after 1 week.
5. Immediately consult your doctor or return to hospital for professional attention in the event of bleeding or pus discharge from the wound, increasing swelling or pain on the operating site, shivering, high fever over 38°C or 100.4°F, or any other unusual symptoms.
6. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification