



What to expect after surgery: Testicular Torsion Repair

Patient and family information, brought to you by the Education Committee of APSA

Your surgeon will provide you with specific instructions for care after surgery. The follow lists common recommendations and things to look out for after surgery.

Pain management:

- Acetaminophen and/or Ibuprofen will usually be all that your child needs to minimize any pain.
- Follow the instructions on the bottle to ensure your child is getting the proper dose.
- If your surgeon gave you a prescription for pain medication make sure you follow the instructions for the dose and frequency.
- Ice or ice packs placed directly on genitals is not recommended.

Wound management

- If your child has gauze or a bandage covering the incision, this can typically be removed 48 hours after surgery.
- You might also see small white tapes (Steri-Strips™) or surgical glue directly attached to the skin over the incision. These will usually start to peel up after about 7-10 days, and can be removed at that time.
- Some surgeons will ask you to apply an antibiotic ointment to the incision(s). Use as directed from your surgeon.
- Sometimes there will be some swelling in the scrotum after surgery. This happens when some normal body fluid collects in the scrotum, and will disappear within a few weeks after surgery.
- Your son may be given a scrotal support device (jock strap) to provide support while the incision is healing.

Activity:

- Infrequently, testicular torsion can occur in babies and young children. There are no specific restrictions on activity after surgery for babies and young children. Your surgeon will give your activity restrictions if your child is an older child or teenager. This typically involves restricting straddle-type activities such as bicycle or horse-back riding as well as contact sports during the healing process.
- Your child can walk normally as long as it doesn't cause pain.
- Your child may have soreness where the incisions are on the scrotum. Getting back to regular activities as soon as your child is comfortable is a good idea.
- Encourage your child to rest when feeling tired.
- Any recurrent severe testicular or scrotal pain after surgery should be reported to the surgeon.

School:

- If your child feels well they can return to school right away, although your surgeon may restrict return to physical education/gym class or contact sports.
- A few days off might be needed if your child is more tired and sore than usual, or is unable to sit in school comfortably, or if they are not eating well.

Bathing:

- In general, your child's incision should be kept dry for about 48 hours. Your surgeon may have specific instructions for when your child can take a bath, shower or go swimming.
- Take off any gauze over the incision either before or during the first bath/shower. You might see small white tapes (Steri-Strips™) or surgical glue directly attached to the skin over the incision. These should stay on even if touched by water.

Diet:

- After testicular torsion surgery your child should be able to eat what they normally would.
- A special diet is not required after testicular torsion surgery.
- Your child may eat less than usual for the first day or two after surgery. If you find that your child's appetite does not return to normal within a week of surgery, contact your surgeon's office.

Bowel movements:

- The first bowel movement may occur 1-5 days after surgery. As long as your child is not having tummy pain and is eating and drinking, not having a bowel movement for a few days is ok.
- Sometimes the combination of pain medication and decreased appetite can slow the bowels down for a few days.
- If you think your child is constipated, contact your child's surgeon before giving any over-the-counter laxatives.

When to call your surgeon's office

- If your child has a fever.
- Pain or swelling in the scrotum that is getting worse over time.
- Redness, warmth or drainage from any of the incision sites.
- Persistent nausea or inability to drink/eat.
- The stitches come loose or the incision opens.