

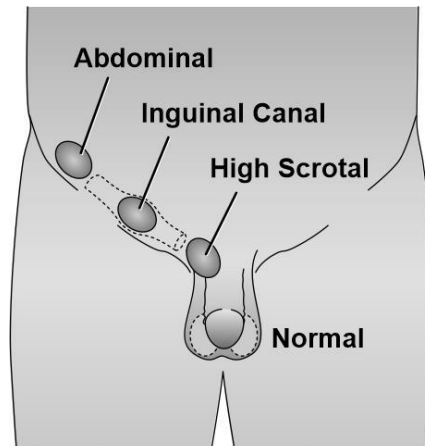


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Undescended Testes and Orchiopexy

What causes undescended testicles?

Before birth, the testicles move from the pelvic area down into the scrotum. In some boys, this does not happen, and it is called **undescended** testicle. Some boys are diagnosed later in life with **ectopic** (a testicle outside the scrotum) or **retractile** (testicle that moves back and forth from the scrotum) and may also need surgical repair.



**Orchiopexy
(Undescended Testes)**

What is Orchiopexy Surgery?

Orchiopexy (or-kee-oh-PEK-see) is a surgical procedure to treat undescended testicles. The procedure is done to move testicles from the abdomen or groin into the scrotum.

How is it diagnosed?

Your doctor will ask questions about symptoms and do a physical examination.

When is surgery needed?

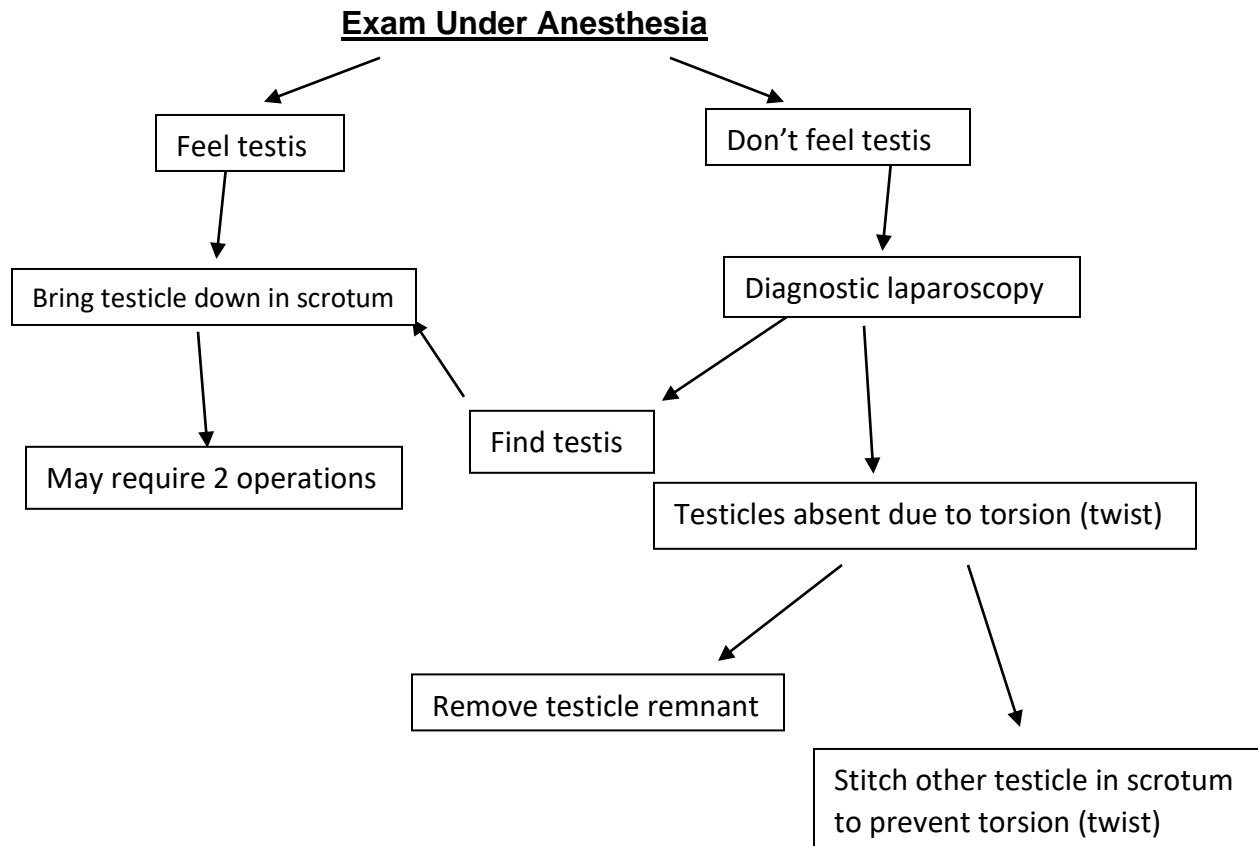
Surgery is usually done in childhood, shortly after diagnosis is made. This may require more than one procedure depending on other problems and the position of the testes. If undescended testicles are left too long, changes can occur which can affect growth, function, and potentially increase risk for cancer growth later in life.

What happens during surgery?

Your son will receive a general anesthetic to help him sleep and not feel pain during the surgery. A local block (numbing medicine around the surgical area) will be given. Small cuts are made in the groin and scrotum and the testicle(s) are brought down into the scrotum and stitched in place. In most cases a laparoscope (small camera) is used to examine the pelvis and to help find and move the testis. This can also help your surgeon plan for future surgeries to fix other problems. Usually, surgery is done on an outpatient basis, and your son will be discharged the same day.



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Will my child be in pain?

Most children do well with the surgery. If your child is in pain, pain medicine can help. You may alternate Acetaminophen (Tylenol® or another brand) and Ibuprofen (such as Advil® or Motrin®). Do not give aspirin because it may cause bleeding.

What can I expect after the surgery?

Before your child is discharged you will be given written information about their care at home and any questions you have will be answered.

- **Diet:** Resume regular diet as tolerated
- **Activity:** Your child may return to school or daycare when pain is well controlled. Avoid straddling activities, contact sports and swimming for 14 days.
- **Wound care:** Expect swelling, bruising and redness of the scrotum and groin. Minor bleeding or spotting at incisions is not unusual. Your surgeon will explain any dressing cares.
- **Bathing:** It is ok to take a bath 24 hours after procedure. Bathe (5-10 minutes) in plain water for the next 7 days. A daily warm bath will help the healing and provide comfort.



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- **Medicines:** You may alternate Acetaminophen (Tylenol® or another brand) and Ibuprofen (such as Advil® or Motrin®). Do not give aspirin because it may cause bleeding.

What to call the surgeon for:

- Fever with redness or drainage at surgical site
- Significant swelling, bruising, or bleeding at surgical area.
- If the wound starts separating

Call your primary care doctor for any other concerns.

Follow-up care: Follow-up with your child's surgeon as directed following the surgery. Call your surgeon's office to schedule an appointment 612-813-8000.

Questions?

This information is not specific to your child but provides general information. If you have any questions, please call the clinic.

Testicular Self-Exam

Doing a self-testicular exam is part of taking good care of your health. Fine motor skills, fingertip sensation and good thinking/reasoning skills are needed. If you feel you struggle with any of these skills, your caregiver should help you with the exam.

1. Testicular exams should be performed once a month.
2. After a warm shower or bath is the best time to check your testes. Heat helps your scrotum relax and makes it easier to feel the testicles.
3. Hold each testicle between your thumb and fingers gently feel the top, bottom, front and back for any new bumps, hard spots, or anything new. You should feel the epididymis (feels like a tube) along the top and back of each testicle; this is normal.
4. Repeat on the other side.
5. Lastly, put the two testicles side-by-side and inspect them. They should be identical in size and shape.

Call your primary health care provider if you notice any of the following:

1. Hard lump
2. One testicle feels bigger than the other
3. Testicles feel different or heavy
4. Pain or swelling in scrotum
5. Dull ache in your groin or lower abdomen