

Radical Orchiectomy

**PRE-OPERATIVE PREPARATION**

1. For any elective surgery, you should be in the best of health. It is important to let our office know if you have any other health problems which might necessitate consultation with an internist prior to your surgery.
2. For one week prior to surgery, avoid any pharmaceutical medications or herbal supplements that may affect bleeding.

Examples are:

* Aspirin and aspirin-containing products such as: Alka-Seltzer, Anacin, Arthritis Pain Formula, Ascriptin, Aspergum, Bufferin, Ecotrin, Empirin, Excedrin, Fiorinal, Percodan, Vanquish.
* Non-steroidal anti-inflammatory (NSAID) products such as: Advil, Dolobid, Excedrin IB, Ibuprofen, Motrin.
* Herbal supplements such as: ginkgo biloba, ginger, garlic, feverfew, Echinacea, ginseng, ephedra, kava, calerian, St. John’s wort and fish oil.
1. Your operation will be done as an out-patient (ambulatory) surgical procedure. A pre-admission work-up is necessary that must be completed within thirty days of your planned surgery. This could include some or all of the following: chest x-ray, EKG, biochemical profile and CBC with differential. Your past history will determine the required testing. **Do not eat or drink anything (including water) after midnight before your surgery.**
2. For your comfort, bring loose-fitting clothes (sweat pants) to wear going home.

**HOSPITALIZATION**

1. Your surgery will take about one hour. The procedure is performed with you asleep under a light general anesthetic, which is extremely safe and effective, or a regional anesthetic (spinal or epidural) which makes you completely numb from the waist down. The total time in the operating room will be about 3 hours if both sides are done. This includes time for skin shaving, anesthesia before the operation, bandaging and awakening from anesthesia after the surgery.
2. You will be taken from the operating room to the recovery room where you will remain until you feel comfortable and alert (usually 1 to 3 hours). **Only** then will you be returned to the Ambulatory Surgery Unit where you will see your family and friends in the discharge lounge.
3. You will be discharged the same day of surgery in satisfactory condition for travel by train, plane or automobile. You **must** have someone accompany you home.

**POST-OPERATIVE CARE**

1. **It is likely that you will have some discomfort for the first 3 to 6 weeks after surgery.** At the time of discharge from the hospital, you will be given prescriptions for pain medication. When taking pain medication, be careful as you walk or climb stairs. Dizziness is not unusual.
2. **Swelling and bruising of the penis and scrotum are normal**. This will take approximately 3 weeks to completely resolve.
3. **Applying ice to the incision for 48 hours post-operatively will help decrease pain and swelling.**
4. A small amount of bright red blood showing through the gauze dressing is to be expected. **Do not be alarmed**. If you feel that the amount is excessive, call my office. You may replace your bloody bandages with clean ones. If there isn’t any bleeding, the wound need not be covered with gauze.
5. Do not make any important judgment decisions or sign any legal documents for 24 hours after anesthesia.
6. A low grade fever (to 101oF) is common 2 – 3 days post-operatively. This fever can be lessened by coughing, deep-breathing, and walking. There is no danger that these activities will disrupt your incisions. Taking pain medication one hour before activities and placing a pillow over your lower abdomen when coughing will help decrease any discomfort. You will also be given an antibiotic to take for 5 days after surgery.
7. **You should shower 48 hours after the surgery.** Remove the gauze dressings before showering. Do not remove the steri-strips directly on the incisions. Do not shower with gauze dressings still on. Allow the warm water to run over the incision in the shower and gently wash with soap. Do not rub hard or scrub the incisions or steri-strips. Dry yourself well after showering to prevent fungus infections (jock itch).
8. You should shower every day until you return to see Dr. Goldstein. Do not take tub baths for at least one week after surgery.
9. Remove the steri-strips in 10 days. There are no stitches that need to be removed. The stitching is beneath the skin and dissolves.
10. You will feel a hard ridge, as if a pencil is buried under the skin where the incision is. This is from the muscles sewn up under the skin and is normal. It will gradually soften and flatten out over the next few weeks.
11. **Do not return to work for one week post-operatively.** If, however, your job involves desk work **ONLY** and very light activity, you may return 3 or 4 days after surgery.
12. **Do not drive for the first week after surgery**, but you can ride in a car if someone else is driving.
13. **No heavy work, strenuous exercise or sports are allowed for 3 weeks post-operatively.**
14. No sexual intercourse is allowed for one week post-operatively.
15. Thereafter, you may resume normal activities as you feel up to it.
16. Remember that the pain medication may cause constipation. To avoid straining, increase your fiber intake (fruits, vegetables, whole grains, etc.) Drinking lots of water can also help. If necessary, you can take 2 tablespoons of Milk of Magnesia at bedtime. You may also take Colace (stool softener) while you are taking Vicodin.
17. ***Follow up visit:*** As soon as possible you should call the office to make an appointment to see Dr. Goldstein one month post-operatively. You may ask to return for another visit if necessary.

**If you have any questions, please feel free to call our office.**