



PEDIATRIC UROLOGY

Home care after surgery for an undescended testicle

What to expect

Your child will be able to go home the day of his surgery. He may have some soreness, swelling, and bruising in the groin area for a few days. The swelling and bruising will go away. Medications will help relieve the soreness.

You should also know:

- Your child will have skin glue instead of a bandage. It will fall off in 1-2 weeks. It is OK if it gets wet.
- Your child may have a sore throat on the day of surgery. They may also have red marks on their face. These are from tape used during surgery.
- You should check your child's surgical cut each time you change his diaper (every 3-4 hours) or when he goes to the bathroom.

Eating and drinking

- Your child may have an upset stomach or throw up after anesthesia. Start off with things like juices, popsicles, water or ice.
- If your child is hungry, give them a small, light meal. For example, they can try eating some toast with no butter, plain rice or applesauce.
- Make sure your child drinks plenty of liquids.

Activity

- Your child should be very careful walking and doing basic activities for 24 hours after the end of their surgery. Having general anesthesia can affect their coordination.
- Older children should not drive, take tests in school or be left alone for 24 hours after the end of surgery.
- No sports, bike riding or straddle toys, walkers, swings, jumpers, climbing structures, etc. for 2 weeks. Try to keep your child's activity level low during this time.
- Your child should use their car seat, booster seat or seat belt normally. You should not adjust or change anything after surgery.

Bathing and water

- Short tub baths or showers are fine 48 hours (2 days) after surgery. Wash with soap and water.
- No swimming until 2 weeks after surgery.

Medication

For mild to moderate pain:

Give your child ibuprofen (Advil, Motrin) and acetaminophen (Tylenol). Give a dose of one or the other every 3 hours. For example, if you give a dose of ibuprofen first, give acetaminophen 3 hours later. Then 3 hours later give ibuprofen again. Keep switching back and forth during the day and night as needed.

For severe pain:

The doctor might prescribe pain medication for your child. Only use it for severe (very bad) pain. Your child may not need this at all. If you think your child has severe pain, but you did not get a prescription for pain medication, please call our office right away.

It is OK to:

- Give pain medications less often or not at all if you think your child is comfortable without it. Make sure you are writing down what medications you give and when.
- Use pain control methods like comforting, breast feeding, bottle feeding, ice packs, distraction, and limiting your child's activity.

If you have leftover medications after your child gets better, please talk to your pharmacist about getting rid of them. **Do not** put them in the sink or flush them down the toilet.

Constipation

- Your child may be constipated after surgery. They may not have difficulty pooping at all, or they may have small, hard or painful poop. If so, this is from the anesthesia and pain medications.
- If your child is constipated before surgery, you may want to consider giving them:
 - More liquids, unless your doctor tells you not to.
 - More high-fiber foods, such as whole wheat bread.
 - Apple, pear or prune juice to drink.
 - Medications such as MiraLAX or suppositories, if approved by your doctor.

If your child has never taken medications for constipation, talk with your doctor first.

Using MyChart for medical information

MyChart is a way to see your child's medical information online. Please set up a MyChart account for your child as soon as possible if you do not have one. It is best to set this up **before** your child's surgery.

- You need to call our office or go to the front desk during business hours to get an account.
- You can use MyChart to send messages to your child's doctor. You can also send us photos after surgery and ask general questions.
- If you are sending a MyChart message with a photo or an urgent concern, you **must** call our office as well. This lets us know to check the message right away.

When to call your doctor

Call us at **503-494-4808** (8 a.m. – 5 p.m., Monday – Friday) if you have questions, concerns or your child has any of the following:

- **Swelling** (a small amount is normal)
- **Bleeding** (small dots of blood is normal)
- **Fever** of 101 degrees or higher
- **Redness, pain** that is getting worse or **pus** coming from the surgery area
- **Pain even after pain medicine is given**
- **Not eating or drinking well, or unusually fussy or tired**

You may send a photo through MyChart. Please call us if you do this.

You may also call us toll free at **1-888-222-6478 and dial extension 4-4808**. After hours and on weekends and holidays, call **503-494-8311** and ask for the pediatric urology doctor on call.