

HYDROCELE

More about the condition

A hydrocele is a painless accumulation of fluid around a testicle, which may cause discomfort depending on its size and can also present a cosmetic concern.

Hydroceles can be:

- Congenital — found in approximately 6% of newborn boys.
- Acquired — develops in adult men, most often due to inflammation of the testicle or epididymis, or due to trauma.

Treatment options

1. Aspiration (Puncture)

Fluid is removed from the scrotum using a fine needle. However, fluid often reaccumulates after the procedure. If the hydrocele is not causing discomfort or other symptoms, monitoring may be sufficient.

2. Surgical treatment

This is the most effective treatment method. During the operation, the normal anatomy of the scrotum is restored.

Hydrocele surgery

Surgery is performed under general anesthesia and typically lasts 45–60 minutes.

During the procedure:

- A skin incision is made in the scrotal area.
- The fluid and the hydrocele sac are removed.
- The wound is closed with dissolvable stitches.
- If necessary, a drain is placed, which is usually removed the next day by a urology nurse.

Preparation for surgery

Once your surgery date is confirmed, you will be scheduled for necessary tests and evaluations. You will also receive an anesthesiologist questionnaire to complete as accurately as possible:

- Past and current medical conditions.
- Medications you take.
- Allergies to medications.
- Previous surgeries.
- Habits (e.g., physical activity, smoking, alcohol use, etc.).

Based on this information, the doctor will determine if an additional consultation with an anesthesiologist is needed. Make sure to inform the anesthesiologist if you have ever experienced complications related to anesthesia.

Important! Inform your doctor and the urology nurse if:

- You are taking blood-thinning medications (e.g., Marevan, Plavix, Eliquis, Xarelto, Aspirin, etc.);
- You have allergies to medications.
- You have cold or flu symptoms.

On the day of surgery

- Do not eat for 6 hours and do not drink for 4 hours before the operation.
- Take a shower at home.
- Only take medications that have been approved by your doctor.
- Wear the provided surgical clothing.

- Remove and hand over to the nurse: glasses, contact lenses, and dental prostheses.
- Use the toilet before surgery.
- Bring your hearing aid and/or inhaler if needed.
- Do not shave the surgical area yourself — it will be shaved at the clinic before the procedure.

The day before surgery

- Eat light, easily digestible food.
- Drink plenty of fluids.
- Do not consume alcohol.
- Prepare at home: pain relief medication, antiseptic, and dressing supplies.

On the morning of surgery

- Bring with you:
 - An identity document.
 - The completed anesthesiologist questionnaire.
 - Signed informed consent.
 - Medications for chronic conditions.
- Take only approved medications with a small sip of water.
- Do not eat, chew gum, or smoke for 6 hours.
- Do not drink water for 4 hours.
- Take a shower.
- Do not swallow water when brushing your teeth.
- Remove all jewelry.
- Arrive by taxi or with a companion.

After the surgery

- You may experience dizziness, nausea, and weakness.
- Pain is usually mild and subsides by the second week — ask for pain relief if needed.
- You are usually discharged on the same day, unless the doctor decides otherwise.
- Do not drive or operate machinery 24 hours after anesthesia.
- Change the dressing if it becomes dirty.
- The dressing can be removed on the third day.
- Clean the wound with an antiseptic (e.g., Octenisept) later you may wash it with water.
- Showering is allowed after 72 hours.
- Follow a light activity regime for one week.
- Avoid physical exertion during the first week.
- Light exercises are allowed from the second week.
- Maintain a healthy diet and drink plenty of water.
- Wear tight-fitting underwear for the first week.
- To prevent hematoma, use compression bandage or tight underwear.
- Avoid any blows to the groin.
- Do not use sauna, bathtub, or pool until the wound is fully healed (approx. 4–6 weeks).
- Avoid sexual activity for 4 weeks.

Work and recovery

The duration of sick leave depends on your profession. You may return to work as soon as you feel ready.

If your condition suddenly worsens, go to the emergency department or call an ambulance.

If you experience bleeding, inflammation, severe pain, or fever over 38°C, contact Medicum City Centre Clinic at 605 0610 (Mon–Fri 8:00–17:30) or visit the emergency department.

If a drain was placed, please schedule a follow-up with a urology nurse by calling 605 0610 (Mon–Fri 8:00–17:30).

A follow-up appointment with a urologist is usually not required. If you still wish to have a check-up, please inform your doctor before the surgery, and an appointment will be arranged for you.