

Patient information from Gordon Muir, Consultant Urological Surgeon

Please do not rely on this information unless you have been specifically sent this by Mr Muir

Hydrocoele Repair Information

What is a hydrocoele?

A hydrocoele is a collection of fluid around the testicle in the scrotum (the bag that holds your testicles).

It is in no way dangerous and usually requires no treatment: many men have small hydrocoeles they are not even aware of. However sometimes it may reach a size where it becomes uncomfortable or awkward and in this case surgical treatment is best. Drainage of the fluid can be done but it always comes back again.

A scan is usually carried out to make sure of the diagnosis and exclude abnormalities of the testicle – this can be done on the same day as your first appointment.

If surgery is required we usually recommend a technique called *a modified Jaboulay procedure* (Jaboulay was the French surgeon who described the basic technique). Essentially this involves a small incision being made in the scrotum and the hydrocoele being obliterated by folding it back around the testicle. This is a little like turning a bag inside out on itself. You will have some stitches in your scrotum which will either be dissolvable or may need to be removed depending on your preference.

The operation can be done easily under either local or general anaesthesia, again the choice is the patient's. Using local anaesthesia does usually mean a little discomfort will be felt. It is nearly always possible to have the operation as a day care patient.

Recovery Period

Some pain and discomfort may be experienced but painkillers (tablets) will be given to you to take home. The wearing of tight-fitting underwear helps to support the scrotum and alleviate discomfort.

You may find your scrotum is a little bruised or swollen, this is normal and will go down in a few days.

You will require some time off work, but this varies from person to person: this depends on your job and the Consultant Urologist will advise you on this.

You may bath or shower 2 days after your operation, but please **DO NOT** use any soap, creams or bubble bath on the operated area. If you experience severe pain or bleeding, or feel acutely unwell, contact the Hospital or the Consultant Urologist immediately. The signs of infection are, tenderness at the site of operation, oozing scar, and/or raised temperature.

The recurrence rate following hydrocoele is low, probably around one in thirty men, - this may be a little higher with very large hydrocoeles.

If a hydrocoele does come back it can often be managed with a minimally invasive treatment called sclerotherapy under local anaesthesia

We will usually recommend a follow up consultation after about two months to check on final healing.