

Your Recovery After Hydrocele Surgery

You've just had surgery to treat a hydrocele — a fluid-filled swelling around the testicle. This guide walks you through what to expect over the next few days and weeks, how to take care of yourself, and when to call for help. Let's take it step by step.

What Is a Hydrocele?

A hydrocele is a collection of fluid in the sac around the testicle. It's usually harmless but can cause swelling and discomfort. Surgery is done to remove the fluid and close off the sac so it doesn't refill.

What to Expect After Surgery

Most people recover well, but you might notice a few things that are perfectly normal:

Symptom	What It Means
Scrotal swelling	It's normal for the scrotum to be swollen or bruised for 1–2 weeks.
Mild pain or ache	You might feel sore in the scrotum or groin—simple painkillers can help.
Bruising	Bruises may appear and change colour before fading away.
Discomfort when moving	Try to rest and limit activity, especially for the first few days.
Clear or slightly blood-stained fluid	Some drainage from the wound is common early on.

Looking After Yourself at Home

 Use an ice pack – gently applied to the scrotum (wrapped in a cloth) for 10–15 minutes at a time, especially in the first 48 hours.

 Wear snug underwear or a scrotal support – this helps reduce swelling and keeps things in place.

 Take your pain relief – paracetamol or ibuprofen usually works well. Use what your doctor recommended.

 Rest for a couple of days – avoid walking long distances or standing for too long early on.

Getting Back to Normal

Everyone recovers at their own pace, but here's a rough idea of what to expect:

- You can usually return to light work or daily activities in 3–7 days
- Avoid strenuous activity or heavy lifting for about 2–3 weeks
- Driving is okay once you feel comfortable and can move freely
- Sexual activity is best avoided until tenderness and swelling are gone—usually about 2 weeks

Caring for Your Wound

Keep the area clean and dry. If you have a dressing, you can usually remove it after 1–2 days unless advised otherwise. You can shower, but avoid soaking in a bath until the wound has healed—this usually takes about a week.

When to Call the Doctor

Most symptoms settle quickly, but contact your clinic if you notice any of the following:

- Redness, warmth, or increasing swelling
- Pus or a foul smell from the wound
- A fever or feeling generally unwell
- Pain that gets worse instead of better

Final Thoughts

This surgery is usually very successful and most people recover without any problems. If you're ever unsure or worried about how things are going, just give us a call

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Emergency

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