

Hydrocoele Repair (Jaboulay or Lord's Procedures)

A hydrocoele is a collection of fluid which develops around the testicle within the scrotal (testicular) sac. The condition is harmless, but some men find it very uncomfortable and/or unsightly. Sometimes the fluid is removed by aspiration (drawn off with a needle) but the condition is likely to recur and a small operation is usually required to cure the problem. This is where a small cut is made, usually in the scrotum. The fluid is removed and the fluid sac lining is either stitched in place or partially removed with the remaining tissue being stitched behind the testis.

These operations are usually, but not always, performed on a day-case basis, i.e. admitted and discharged home on the same day. When you have had a general anaesthetic or sedation it is important that you do not drive a car, drink alcohol or handle machinery for 48 hours post-op. You should therefore arrange for someone to collect you from hospital.

Prior to discharge you will be prescribed a course of pain killers and will likely already be wearing some kind of scrotal support e.g. a jock strap. You should take the painkillers as prescribed even if things do not seem too uncomfortable. You may have a small amount of swelling following the operation, even slight bruising of your scrotum. Resting as much as possible for a few days, particularly with your legs elevated, is very important and will aid healing and prevent excessive swelling of your scrotal area.

About 48 hours after surgery you may bath or shower, allowing the water to soak off the wound dressing if one is present. Avoid the use of bubble baths and scented soaps. Dry yourself carefully afterwards. If you are sent home with antibiotics take the whole course given as instructed.

You will find that supportive underwear, either the Jock strap or briefs will be more comfortable than boxer shorts. You may have oozing from the wound site for a few days. However, if:

the ooze from the wound changes to a yellow/green colour with or without an offensive smell

the wound site becomes very red and sore

scrotal swelling or pain is severe

please contact either our secretaries or your GP's surgery.

The stitches are usually dissolvable over 2-3 weeks so will not require removing; check before discharge that this is the case. You may return to work when you feel comfortable and know that you can cope with the activities that your job entails. Avoid sex until the wound is healed and you are pain free.