

### When can I resume sexual intercourse?

Once you feel comfortable. After this operation some men experience problems with body image and lack of masculinity. This is normal and usually subsides in time. Be patient and your sexual function should return to how it was before the operation. One of the hormones your testicle produces is Testosterone, this makes you feel male, gives you hair and beard growth, shapes your body, gives you your sex drive and helps give you and maintain erections. In a few men when a testicle is removed the remaining testicle has not got the ability to take over the production of testosterone and men feel tired, have a lack of sex drive and not able to get or keep an erection. If you have any of these signs please tell your nurse or doctor.

### Are there any other effects I should know about?

After the operation we can not guarantee that your fertility has not been affected, if you wish to discuss this further before or after your operation please speak to your nurse/doctor. Sperm Storage may be discussed prior to the operation.

### What happens next?

After the surgery a Computerised Tomography (CT) Scan of your Chest, Abdomen and Pelvis will be arranged to see if the cancer has spread to any other parts of the body. This is carried out within two weeks of the operation. Further blood tests (Tumour Markers) are arranged. When these three things are completed a referral is sent to the Multidisciplinary Team, who

will review your case. The team will look at the tumour under the microscope, look at the CT scan, assess the tumour markers in the blood and decide the best treatment or follow-up for you. You will be sent an appointment to be seen by the team in the following Oncology Centres: Bristol, Cheltenham, Exeter, Plymouth or Truro where you will be told the results of the meeting.

### Will I need any further treatment?

If the cancer has not spread and the Orchidectomy removed all of the tumour, the operation may be the only treatment you will need and a programme of follow-up offered (called Active Surveillance) to check if the cancer returns in the future. However, sometimes the cancer has spread to other organs such as the lungs and lymph nodes in the abdomen. When this happens, a course of chemotherapy or radiotherapy is recommended, this will be discussed with you at your appointment. Whichever option you and your doctor agree on it is important to remember that even if the cancer does come back, more than 9 out of 10 men with testicular cancer are cured of the cancer.

We hope that this leaflet has answered some of your questions and that you now know more about your operation. If you have any further questions please contact your local team.

# Bristol Testicular Cancer Service

## Radical Orchidectomy



**The supra-regional  
Clinical Nurse  
Specialist is:  
Sue Brand  
Bristol Testicular  
Cancer Service  
0117 342 3472  
or 07827 082 328**



The Bristol Testicular Cancer Service is based at the  
Bristol Haematology and Oncology Centre  
Horfield Road, Bristol BS2 8ED  
0117 342 3472

This leaflet is supported by



You have been referred to us with a lump in your testicle and the ultrasound scan shows that there is a tumour in your testicle. The best treatment for this is an Orchidectomy.

### **What is an Orchidectomy?**

An Orchidectomy is the removal of a testis (or Testicle). Under anaesthesia a small incision (cut) is made in the groin or more rarely the scrotum. The Testis is found, the blood vessels carefully cut and tied, and the testis is removed. The skin is then closed with stitches.

### **What will happen before the operation?**

Before the operation we will need to assess if you are fit enough to have a general anaesthetic, this is called a Pre-operative assessment. This will involve some, blood tests including Tumour Markers, blood pressure and a chest x-ray. Sometimes a heart tracing called an ECG is also done. The anaesthetist will see you either at this time or just before your operation. You will be told when to attend for your operation and when to stop eating and drinking. You may be asked at this time if you wish to have a Prosthesis fitted (a false testicle), if you feel unable to decide at this time, this can be offered again in the future.

### **Do I have to do anything before the operation?**

To reduce the risk of getting an infection after the operation we ask you to do the following things a couple of hours before the operation:

- Have a bath or shower and wear clean clothing
- Put on a hospital gown (you may wish to continue wearing your underpants)
- Some centres ask you to shave the area where the incision will be made

Just before to go to the operating theatre you will be asked to do the following:

- Go to the toilet to pass urine (pass water)
- Remove all jewellery (except your wedding ring which can be taped to your finger)
- Remove all glasses, contact lenses, hearing aid/s and dentures. If you need any of these items until you reach the operating theatre, please tell the nurse.

### **How will I feel after the operation?**

After the operation you may feel drowsy and it is essential that someone is able to collect you. You can usually go home on the day of the operation or the day after depending on how you feel. Before you leave the doctor will see you and check you are:

- Moving around freely
- Able to eat and drink
- Mostly pain free
- Able to pass urine (pass water)

### **Will the operation be painful?**

Any discomfort you experience should be relieved by taking the analgesics (pain relief medication). You will be given these after your operation and a small supply to take home. In the unlikely event these do not control your pain or you require more please contact your GP.



### **Will I need to do anything to the wound?**

The stitches are usually dissolvable, so do not need removing. The wound dressing may be removed 2 days after the operation when you have a bath or a shower. Soap and water is entirely adequate and you may wash as often as you like. When you remove the dressing there may be a small amount of blood on it, this is quite normal and nothing to worry about. The wound may be swollen and bruised as well as the scrotum on the same side, but this should subside gradually. However, sometimes the wound can show signs of an infection, these are:

- Redness
- Tenderness
- Persistent throbbing
- Feeling shivery as if you have flu and you have a temperature
- Wound is leaking fluid or pus
- Swelling around the wound
- If this happens please make an appointment to see your GP.

### **Are there likely to be any side effects?**

You may have some swelling, bruising of the scrotum/groin and sometimes it feels like there is a lump on the remaining testicle, called a haematoma (small blood clot). This is normal and is caused by the removal procedure and is often helped by wearing supportive underpants for a couple of weeks, rather than boxer shorts. If the Haematoma becomes larger or hot/tender please see your GP.

### **When can I go back to work?**

You can return to work usually 1-2 weeks after the operation, but if you perform strenuous work which requires heavy lifting, you should not return for 4-6 weeks.

### **When can I continue driving?**

You should not drive for at least a week; however you should refrain from driving until you can perform an emergency stop without strain or pain.



### **When can I start playing sports?**

In most cases sporting activities can resume after 4-6 weeks

