

鞘膜积液修复 术后护理

鞘膜积液修复是一种防止液体积聚在孩子睾丸周围的手术。本传单解释如果您的孩子需要接受这种手术会发生什么。

什么是鞘膜积液？

- 鞘膜积液是阴囊内睾丸周围的液体积聚。这是由腹部和阴囊之间的开口引起的，这个开口自从您的孩子出生以来就存在（我们称之为先天性）。
- 液体从腹部流入阴囊，并在阴囊内积聚。您可能会注意到，当孩子休息或躺下时，鞘膜积液肿胀会减轻。
- 当孩子活动更多或哭闹时，鞘膜积液可能会变大，这是正常现象，在婴儿患有交通性鞘膜积液时很常见。这表示仍然有一个开口使液体在体内流动。
- 非交通性鞘膜积液已经闭合，全天不会出现液体变化。对于非交通性鞘膜积液，阴囊中的液体会随着时间的推移自行逐渐减少。

如何诊断鞘膜积液？

- 您的孩子的医疗保健提供者可以在体检期间诊断您的孩子是否患有鞘膜积液。
- 只有有睾丸的孩子会出现鞘膜积液。

为什么需要修复？

- 大多数非交通性鞘膜积液会在几个月后随着身体吸收液体而自行消失。
- 如果您的孩子在 1 岁或 2 岁时仍有交通性鞘膜积液，并继续出现液体变化，我们会安排手术，因为这不会自行消失。

手术时会发生什么？

- 我们在手术室使用药物（全麻）进行这项手术，因此您的孩子会完全入睡，不会感到疼痛。
- 我们会在靠近腹部和腿部（腹股沟部位）之间的折痕处切一个切口，排出液体。
- 然后，我们会用小缝线封闭通向腹部的开口，缝线会自行溶解，无需拆除。

我的孩子何时可以回家？

- 大多数孩子在手术当天可回家。如果您的孩子患有其他疾病，当天可能需要住院。
- 我们制作了解释如何在术后照料您的孩子的视频。您可以在 YouTube 上搜索这些标题。

如需了解更多详情

- 泌尿科
206-987-2509
- 普通外科
206 987-0237
- 请向您的孩子的医疗保健提供者询问
- seattlechildrens.org

免费口译员服务

- 在医院内，向您的护士询问。
- 在医院外，拨打免费家庭口译专线电话 1-866-583-1527。告诉口译员您需要通话的人的姓名或分机号码。

我在哪里可以观看解释如何在术后照料我的孩子的视频？

- 由于年龄限制，您可能需要登录。

“疝气和睾丸手术后如何照料您的孩子”
[youtube.com/watch?v=kKgvviGyTLE](https://www.youtube.com/watch?v=kKgvviGyTLE)

“阴茎手术后如何照料您的孩子”
[youtube.com/watch?v=ppZeEKY848M](https://www.youtube.com/watch?v=ppZeEKY848M)



我的孩子何时可以进食？



- 最初为您的孩子喂食清淡的饮食。
- 完全清醒后，您的孩子可以喝清液体饮料，例如 7UP、果冻、棒冰和苹果汁。
- 孩子在术后感到胃部不适（恶心）和呕吐很常见。如果出现这种情况，每次仅让您的孩子喝少量清液体饮料。
- 如果您的孩子不会胃部不适或呕吐并且完全清醒，则可以开始正常饮食。

如何护理手术部位？



- 我们使用皮肤粘合剂（Dermabond）覆盖切口，通常会在 10 到 14 天内自行脱落。
- 外表皮肤不会看到任何缝线。我们将使用小缝线缝合皮肤。这些缝线将在接下来的一个月溶解，不需要拆除。
- 术后阴囊可能会出现红肿、颜色比正常肤色深或者看起来像瘀伤和肿胀，是正常大小的两倍。
- 如果瘀伤或肿胀没有消退，请将孩子带回诊所就诊。

我的孩子可以洗盆浴、淋浴、游泳或身上弄湿吗？



- 手术后可以给孩子擦海绵澡。术后 48 小时（2 天）内避免洗淋浴和盆浴。
- 两天后可以洗淋浴或盆浴，但浸泡时间不要超过 10 分钟。
- 即使是在两天洗澡截止时间之前也可以冲洗大便。
- 两周内禁止游泳。

我的孩子的活动量可以多大？

手术当天密切观察您的孩子。请查阅以下根据您的孩子的年龄确定的活动量章节。

如果您的孩子年龄在两岁以下



- 年幼的孩子应当限制自己爬动、行走和活动。
- 汽车座椅和婴儿车安全带是安全的。按照制造商的指示使用。
- 避免与您的孩子进行任何会增加双腿间压力的跨骑活动。
- 两周内不要：
 - 将孩子跨抱在您的臀部上
 - 让孩子在您的膝盖上跳跃
 - 使用背婴儿的装置
 - 使用有安全带的弹跳车玩具

如果您的孩子年龄在两岁或以上



- 避免剧烈活动和游戏或涉及跨骑动作的活动。对您的孩子的一个良好的指导原则是在两周内保持“双脚着地”。
- **两周内不要：**
 - 玩攀爬架和攀爬
 - 上健身课
 - 骑自行车和三轮车
 - 课外运动

我的孩子何时可以返校？

- 当您的孩子不再需要服用阿片类止痛药或频繁服用日间非处方止痛药时，就可以返校。

我的孩子会感到疼痛吗？

- 手术后，您的孩子可能会感到腹股沟和阴囊疼痛。
- 我们与您和您的孩子合作，尽可能减轻疼痛。您最了解您的孩子。我们鼓励您积极参与孩子的康复。无论孩子的疼痛程度如何，相信他们在经历疼痛，并立即作出回应。您的孩子第二天应该会感觉好转。

我如何控制我的孩子的疼痛？



- 有效的疼痛控制将帮助您的孩子感觉好转并更快愈合。
- 首先在手术后的前 2 天，每 3 小时交替让您的孩子服用对乙酰氨基酚（Tylenol）和布洛芬（Advil 或 Motrin），然后在需要时服用。仅限根据您的孩子的医疗保健提供者的建议使用该药物。在让您的孩子服用任何类型的药物前，请先咨询医疗保健提供者。如果您的孩子的医疗保健提供者开了阿片类止痛药，在对乙酰氨基酚或布洛芬不能帮助止痛的情况下，请服用医生开的这种止痛药。
- 泰诺（Tylenol）和阿片类止痛药同时服用可能不安全。如有疑问，请咨询您的医疗保健提供者或药房。
- 除了止痛药，您还可以通过音乐、游戏、电视或视频分散孩子的注意力，帮助孩子应对疼痛。

我如何处理剩余的阿片类止痛药？

- 为了您家人的安全，请将药物存放在上锁的柜子内或其他人无法轻易拿到的地方。一旦您的孩子从手术中康复，丢弃所有未服用的处方药。故意或意外服用剩余的止痛药或其他药物可能非常危险。
- 有关安全丢弃未服用的阿片类药物的更多信息，请在网站 seattlechildrens.org/pdf/PE3140.pdf 查阅我们的传单“阿片类药物的安全服用和丢弃”，或访问网站 takebackyourmeds.org，查找您附近的回收地点。

我何时应当打电话？



如有下列任何问题或担忧，请于星期一至星期五打电话给泌尿诊所，电话号码 **206-987-2509**。如果是非紧急问题，请发短信至 MyChart。

如果是夜间、周末和节假日出现以下紧急问题，请拨打电话号码 **206-987-2000**，要求接通泌尿科值班住院医师：

- 发烧体温超过华氏 101.5 度（摄氏 38.6 度）并超过 24 小时
- 手术部位红肿或积液（分泌物）
- 手术部位快速肿胀或出血
- 处方药无法控制疼痛
- 12 小时内呕吐 4 次或以上
- 手术 8 小时后无法小便
- 呕吐

Hydrocele Repair

Care After Surgery

A hydrocele repair is an operation to keep fluid from collecting around your child's testicles. This handout explains what to expect if your child needs this surgery.

What is a hydrocele?

- A hydrocele is a collection of fluid around the testicle in the scrotum. It is caused by an opening between the belly area (abdomen) and the scrotum that has been present since your child was born (we call this congenital).
 - Fluid drains from the abdomen into the scrotum where it builds up. You may notice that the hydrocele swelling goes down when your child is resting or lying down.
 - When your child gets more active or cries, the hydrocele may get larger. This is normal and commonly seen when a baby has a communicating hydrocele. This means that there is still an opening allowing fluid to shift around the body.
 - A non-communicating hydrocele has already closed and will not have fluid changes throughout the day. For a non-communicating hydrocele, the fluid in the scrotum will decrease gradually on its own over time.
-

How is a hydrocele diagnosed?

- Your child's healthcare provider can tell whether your child has a hydrocele during a physical exam.
 - Only children with testicles have hydroceles.
-

Why does it need to be repaired?

- Most non-communicating hydroceles go away on their own after a few months as the body absorbs the fluid.
 - If your child still has a communicating hydrocele when they are 1 or 2 years old with continued fluid changes, we plan for surgery, because it will not go away on its own.
-

What can I expect from surgery?

- We perform this surgery in the operating room with medicine (general anesthesia), so your child will be fully asleep and not feel pain.
 - We make an incision near the crease between the abdomen and leg (in the inguinal space) and drain the fluid.
 - Then we close the opening into the abdomen with small stitches that dissolve on their own and do not need to be removed.
-

When will my child be able to go home?

- Most children go home the day of surgery. If your child has another medical condition, they may need to stay overnight.
-

1 of 4

To Learn More

- Urology
206-987-2509
- General Surgery
206 987-0237
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Where can I watch videos that explain how to care for my child after surgery?

- We created videos to explain how to care for your child after surgery. You can search for these titles on YouTube.
- You may need to login due to age restrictions.

- “How to Care for Your Child After Hernia and Testicular Surgery” [youtube.com/watch?v=kKgvviGyTLE](https://www.youtube.com/watch?v=kKgvviGyTLE)



- “How to Care for Your Child After Penile Surgery” [youtube.com/watch?v=ppZeEKY848M](https://www.youtube.com/watch?v=ppZeEKY848M)



When can my child eat?



- Start by feeding your child with a light diet.
- When your child is fully awake, you can give clear liquids like 7UP, Jell-O, Popsicles and apple juice.
- It is common for children to feel sick to their stomach (have nausea) and throw up (vomit) after surgery. If this happens, only give your child a small amount of clear liquids at a time.
- If your child is not sick to their stomach or throwing up and is fully awake, start their regular diet.

How do I care for the surgery site?



- We use tissue glue (Dermabond) to cover the incision. This will usually peel off on its own in 10 to 14 days.
- You won't see any stitches on the outside skin. We used small stitches to close the skin that will dissolve over the next month and do not need to be removed.
- The scrotum may be red, darker than normal skin tone or look bruised and swollen to twice normal size after surgery.
- If the bruising or swelling does not go down, please bring your child back in for a clinic appointment.

Can my child take a bath, shower, swim or get wet?



- It is ok to sponge bathe your child after surgery. Avoid showers and baths for 48 hours (2 days) after surgery.
- It is ok for showers or baths after 2 days, but do not soak for longer than 10 minutes.
- It is ok to rinse off poop even if it is before the 2-day bath cutoff.
- No swimming for 2 weeks.

How much activity can my child do?

Watch your child closely on the day of the surgery. Follow the steps below based on your child's age.

If your child is younger than 2 years of age



- Younger children will limit their own crawling, walking and activities.
- Car seats and stroller straps are safe. Use as instructed by the manufacturer.
- **Avoid any straddle activities with your child that would increase pressure between their legs.**
- **For 2 weeks, do not:**
 - Hold your child on your hip
 - Bounce your child on your knee
 - Use baby-wearing devices
 - Use bouncer toys that have a harness

If your child is 2 years of age or older



- Avoid strenuous activities, rough play or activities that involve straddle-activity. A good guideline for your child is to keep “both feet on the ground” for 2 weeks.
- **For 2 weeks, no:**
 - Jungle-gyms and climbing
 - Gym class
 - Bikes and trikes
 - After-school sports

When can my child return to school?

- Your child may return to school when they no longer need opioid pain medicine or frequent daytime over-the-counter pain medicine.

Will my child have pain?

- After surgery your child will likely feel pain in the groin and scrotum.
- We partner with you and your child to relieve pain as much as possible. You know your child best. We encourage you to take an active part in their recovery. No matter the level of your child's pain, believe they are hurting and respond right away. Your child should feel better the next day.

How do I manage my child's pain?



- Effective pain control will help your child feel better and heal faster.
- Start by giving your child acetaminophen (Tylenol) alternating every 3 hours with ibuprofen (Advil or Motrin) for the first 2 days after surgery and then you will use it as needed. Use this medication only if recommended by your child's healthcare provider. Check with the healthcare provider first before giving any type of medicine to your child. If your child's healthcare provider prescribed an opioid medication for pain, use this if the acetaminophen or ibuprofen does not help relieve pain.
- Tylenol and opioid pain medicine may not be safe to use at the same time. For questions, check with your healthcare provider or pharmacy.
- In addition to medicine for pain, you can also help your child cope by distracting them with music, games, TV or videos.

How do I dispose of leftover opioid pain medication?

- To keep your family safe, store medicines inside a locked cabinet or location where others cannot easily get to them. Once your child has recovered from surgery, dispose of all unused prescription medicines. Taking leftover pain or other medicines on purpose or by accident, can be very dangerous.
- For more information about safe disposal of unused opioid medications, read our handout “Safe Use and Disposal of Opioid Medicines” seattlechildrens.org/pdf/PE3140.pdf or visit takebackyourmeds.org to find a take back place near you.

When do I call?



Monday to Friday, call the Urology Clinic at **206-987-2509** for questions or any of the concerns listed below. Send MyChart messages for non-urgent questions.

Nights, weekends and holidays, call **206-987-2000** and ask for the urology resident on call for urgent concerns from the following list:

- Fever higher than 101.5° F (38.6° C) for more than 24 hours
- Spreading redness or fluid (discharge) from the surgery site
- Rapid swelling or bleeding at the surgery site
- Severe pain not controlled by the medicine prescribed
- Vomiting 4 or more times in 12 hours
- Cannot pee for a span of 8 hours after surgery
- Throwing up (vomiting)