

# 睾丸固定术修复

## 术后护理

睾丸固定术修复是一种手术，当您的孩子有未降睾丸时，将您的孩子的睾丸移入阴囊。如需了解更多信息，请查阅我们的传单“未降睾丸”。[seattlechildrens.org/pdf/PE984.pdf](http://seattlechildrens.org/pdf/PE984.pdf)

### 我在哪里可以看到解释如何在术后照料我的孩子的视频？

我们制作了视频，解释如何在术后照料您的孩子。您可以在 YouTube 上搜索这些标题。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://youtube.com/watch?v=kKgvviGyTLE)
- “阴茎手术后如何照料您的孩子”  
[youtube.com/watch?v=ppZeEKY848M](https://youtube.com/watch?v=ppZeEKY848M)



### 我的孩子何时可以进食？



- 我们最初会让您的孩子进食清淡的饮食。
- 当您的孩子完全清醒后，可以喝清液体，例如七喜（7UP）、果冻、冰棒和苹果汁。
- 恶心和呕吐在术后很常见。如果出现这种情况，每次让孩子喝少量清液体。
- 如果您的孩子没有胃部不适（恶心）或呕吐并且完全清醒，可开始常规饮食。

### 我如何护理手术部位？



- 我们使用皮肤胶（Dermabond）覆盖切口，通常会在 10 到 14 天内自行脱落。
  - 预期会在皮肤胶下方出现轻微的红肿和瘀伤。
- 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。您很可能不会在外皮上看到任何缝线，但您可能会看到 1 针或 2 针缝线，这些缝线将在接下来的一个月溶解。
- 术后阴囊可能会出现瘀伤和肿胀，是正常大小的两倍。可能需要数周或数月才能恢复到正常大小。如果瘀伤或肿胀没有消退，请将孩子带回诊所就诊。

#### 了解进一步详情

- 泌尿科  
206-987-2509
- 请向您的孩子的医疗保健提供者洽询
- [seattlechildrens.org](http://seattlechildrens.org)

#### 免费口译服务

- 请在医院内向护士询问。
- 在医院外，请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。
- 两周内禁止在大水域（游泳池、河流、湖泊或海洋）内游泳。

我的孩子能够有多大的活动量？

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 2 岁以下：



- 需要限制幼儿自己爬行、走路和活动。
- 两周内避免让孩子进行任何会增加双腿间压力的跨骑活动。  
不要：
  - 将孩子跨抱在您的臀部上
  - 让孩子在您的膝盖上弹跳
  - 使用婴儿背带
  - 使用有安全带的弹跳车玩具
- 汽车座椅和婴儿车带是安全的，请按照制造商的说明使用。

如果您的孩子年龄在 2 岁或以上：



- 避免剧烈活动、参与打闹或参加涉及跨骑的活动。一个好的经验法则是在两周内让孩子双脚着地。
- 让孩子在术后两周内避免以下活动：
  - 攀爬架/爬动
  - 体育课（PE）
  - 自行车/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在日间频繁地服用非处方止痛药时，您的孩子可返校。

我的孩子会感到疼痛吗？

- 术后您的孩子可能会感到腹股沟和阴囊疼痛。您的孩子第二天应当感觉疼痛好转。
- 我们与您和您的孩子合作，尽可能完全减轻疼痛。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，都要相信他们正在经历疼痛，并立即做出反应。



### 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更好并更快康复。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。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，如果对乙酰氨基酚或布洛芬不能帮助止痛，请服用医生开的这种止痛药。
- 泰诺（Tylenol）和处方止痛药同时服用可能不安全。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、书籍、电视或视频分散孩子的注意力，帮助孩子应对疼痛。

### 我应该如何丢弃剩余的阿片类止痛药？

- 为确保您的家人安全，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。一旦您的孩子术后已恢复，请丢弃所有未服用的药物。
- 有意或无意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，请阅读我们的手册《阿片类药物的安全使用和丢弃》（[seattlechildrens.org/pdf/PE3140.pdf](https://seattlechildrens.org/pdf/PE3140.pdf)），或访问网站 [takebackyourmeds.org](https://takebackyourmeds.org)，查找您附近的回收点。

### 我何时应当打电话给医生？



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。

夜间、周末和节假日，请拨打电话号码 **206-987-2000**；如果是下列紧急问题，请医院接线员接通泌尿科值班住院医生：

- 体温超过华氏 101.5°F（摄氏 38.6°C）
- 手术部位发红、肿胀或积液（分泌物）
- 手术部位快速肿胀或出血
- 处方药无法控制疼痛
- 手术 8 小时后无法小便
- 12 小时内呕吐 4 次或以上

---

西雅图儿童医院向聋人、听力障碍者或不会讲英语的患者、家庭成员和法律代表提供免费口译服务。西雅图儿童医院将应请求用其他格式提供本信息。请打电话给家庭资源中心，电话号码 206-987-2201。本手册已经由西雅图儿童医院的工作人员审阅。但是，您的孩子的需求具有独特性。在您根据本信息采取行动或依赖本信息之前，请向您的孩子的医疗保健提供者洽询。

8/22  
PE168SC

© 2022 年华盛顿州西西雅图市雅图儿童医院版权所有。保留所有权利。



# Orchiopexy Repair

## Care After Surgery

---

Orchiopexy repair is a surgery to move your child's testicle(s) into the scrotum when your child has an undescended testicle. For more information, read our handout "Undescended Testicles". [seattlechildrens.org/pdf/PE984.pdf](https://seattlechildrens.org/pdf/PE984.pdf)

---

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



### When may my child eat?



- We will start with a light diet.
  - When your child is fully awake, they may have clear liquids like 7UP, Jell-O, Popsicles and apple juice.
  - Nausea and throwing up (vomiting) are common after surgery. If this happens, give your child a small amount of clear liquids at a time.
  - If your child is not sick to their stomach (nauseous) or throwing up (vomiting) and is fully awake, start their regular diet.
- 

### How do I care for the surgery site?



- We use skin glue (Dermabond) to cover the incision. This will usually peel off on its own in 10 to 14 days.
    - You can expect mild redness and bruising under the skin glue.
  - We will use small stitches to close the skin. These stitches will dissolve over the next month and do not need to be removed. You likely won't see any stitches on the outside of the skin - but you may see 1 or 2 stitches that will dissolve over the next month.
  - The scrotum may be bruised and swollen up to twice the normal size after surgery. It may take several weeks or months for them to return to their normal size. If the bruising or swelling does not go down, please bring your child back to a clinic appointment.
- 

#### To Learn More

- Urology  
206-987-2509
- Ask your child's healthcare provider
- [seattlechildrens.org](https://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.

### 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 in large bodies of water for 2 weeks (pools, rivers, lakes or oceans).

---

### How much activity can my child do?

Watch your child closely on the day of the surgery. See the sections 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.
- Avoid any straddle activities with your child that would increase pressure between the 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
- Car seats and stroller straps are safe. Use as instructed by the manufacturer.

#### If your child is 2 years of age or older:



- Avoid strenuous activities, rough-housing or activities that involve straddle-activity. A good rule of thumb is to keep both of your child's feet on the ground for 2 weeks.
- Do not let your child do the following for 2 weeks after surgery:
  - Jungle-gyms/climbing
  - Gym or physical education (PE) class
  - Bicycle/tricycles
  - After-school sports

---

### When can my child return to school?

Your child may return to school when no longer requiring opioid pain medications or frequent daytime over-the-counter pain medications.

---

### Will my child have pain?

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

### 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. Check with the healthcare provider first before giving any type of medicine to your child.
- If your child's healthcare provider prescribed an opioid medicine for pain, use this if the acetaminophen or ibuprofen does not help relieve pain.
- Tylenol and prescription pain medicine may not be safe to use at the same time. 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, books, TV or videos.

### How should 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 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](https://seattlechildrens.org/pdf/PE3140.pdf)) or visit [takebackyourmeds.org](https://takebackyourmeds.org) to find a take back place near you."

### When should I call a doctor?



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

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

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