
Day Surgery Unit

Hydrocoele

What is a hydrocoele?

A hydrocoele is a swelling caused by a collection of fluid in the scrotal sac, this may occur around one testicle (unilateral) or around both testes (bilateral). It can be seen as a soft bulge in the groin or scrotum. The scrotum often appears larger after an active day and smaller in the morning.

The procedure

The procedure involves making an incision in the groin and removing the fluid. The wound is usually closed with dissolvable stitches. The stitches will dissolve in approximately 10 days. For this period have quick showers, patting the area dry. Please do not soak in the bath.

You may be given local anaesthetic to the area, making the first few hours after surgery relatively pain free. Any pain you do experience will be controlled by painkillers; you will also be given some to take home.

Going home

On discharge you should:

- Avoid wearing very tight clothing.
- Keep the area clean and dry to help prevent infection.
- Avoid physical activities such as football, cycling and weight lifting for two to three weeks.
- Avoid sexual activity and if you are worried about it please contact your GP.

You will be advised whether you need a hospital follow up appointment. If pain, bleeding or any signs of infection (redness, soreness or swelling) persists, you should contact your GP.

Further information

If you are worried about your condition contact either:

- Your GP.
- The day surgery unit on 01223 256330.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

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