

## **Information and behaviour after the operation of a varicocele (testicular varicose veins)**

### **The wound**

The wound over the upper scrotum area has been closed with a self-dissolving thread. It is therefore not necessary to remove the suture. After the operation, there may be a bluish discolouration or swelling of the skin in the wound area and/or scrotum area. This swelling should disappear within three weeks. After 3 days the child can take a shower, a full bath is only allowed 2 weeks after the operation when the wound is completely healed.

### **Pain after the operation**

In addition to the general anaesthetic, an additional local anaesthetic is administered so that the child remains pain-free for several hours after the operation. If a child complains of pain in the wound area, you should give the prescribed painkiller as prescribed by the doctor. The pain after the operation lasts for about three to four days.

### **Eating after the operation**

If your child is feeling well, he or she can eat anything he or she wants. If your child feels unwell, he or she should only eat a light meal, e.g. mashed potatoes, pasta, boiled carrots or similar.

### **Physical activities after the operation**

Sporting activities (playing football, cycling, school exercises, etc.) are usually not allowed again until 3 to 4 weeks after the operation. If there is more swelling of the scrotum area, a longer period of sports dispensation may be necessary. In general, your child should stay at home for the first 3 days after the operation (no school attendance).

### **When should a doctor be consulted?**

- If fever exceeds 38°C after the operation (measured in the mouth, anus or ear).
- If there is increasing redness or swelling in the wound area or scrotum area. In this case, please present yourself and your child to the paediatrician.
- If the paediatrician is not available, go immediately to the emergency ward of the UKBB.
- A first wound check should be carried out by the paediatrician 3 to 5 days after the operation.
- 6 weeks after the operation, you should arrange another check-up with the paediatrician to assess the healing of the scar in the scrotum area.
- A follow-up with an ultrasound of the testicles should be scheduled at the surgeon's office 3 and 12 months after surgery.

If you are worried or have any problems for any reason, you can contact us at any time:  
+41 61 704 12 12

We thank you for your trust and wish you and your child all the best!  
The day clinic team from UKBB