

Bilateral Orchiectomy for Prostate Cancer

Urologist: _____

Clinic phone: _____

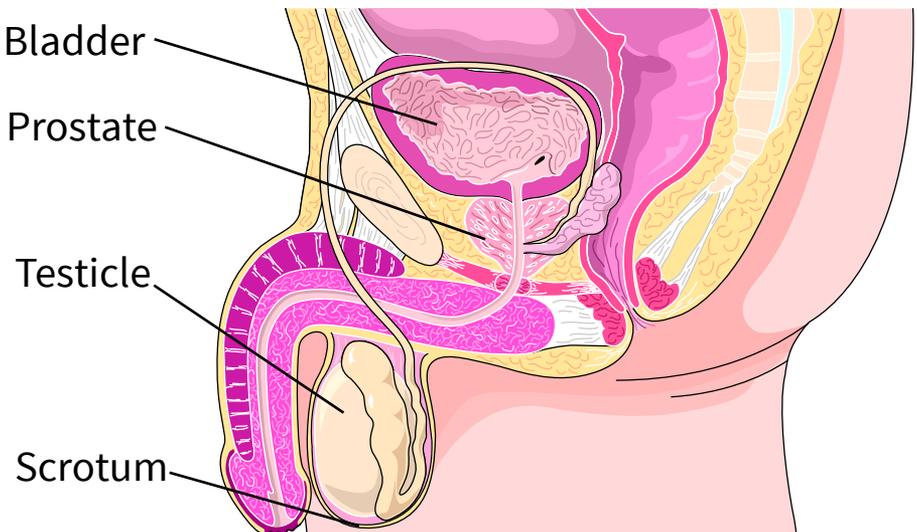
Bilateral Orchiectomy for Prostate Cancer

What is a bilateral orchiectomy?

- A bilateral orchiectomy is a surgery to remove both testicles.

What are testicles?

- There are 2 testicles in your scrotum (pouch of skin below and behind your penis). They are shaped like eggs and are about 3 to 4 cm long.
- Your testicles make sperm (male sex cells) and a hormone called **testosterone**.
- Removing your testicles:
 - › Lowers your testosterone levels
 - › Slows the spread of cancer



How do I get ready for this surgery?

You must plan to have a responsible adult take you home (by car, taxi, or bus) after your surgery. Do not leave the hospital by yourself.

- You will likely need to stay in the hospital overnight after your surgery. To learn about how to get ready for your hospital stay and what to expect in the hospital, please read pamphlet 1395 – *Planning for Your Hospital Stay After Surgery – Halifax Infirmery (HI), Victoria General (VG), Dartmouth General Hospital (DGH)*. Ask a member of your health care team for a copy, scan the QR code below, or visit:
 - › www.nshealth.ca/patient-education-resources/1395

Scan the QR code below on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)



Before your surgery

Anesthetic

- Before your surgery, you will have anesthetic. You may have:
 - › **General anesthetic:** medication to put you to sleep during surgery
 - › **Spinal anesthetic:** medication given through a needle into your lower back to make your lower body numb during surgery
 - › **Local anesthetic:** medication that only numbs the part of your body where you are having surgery

If you are having general or spinal anesthetic:

- You may need to have tests to make sure it is safe for you to have surgery. Depending on your other health conditions, these tests may include:
 - › Blood tests
 - › An electrocardiogram (ECG/EKG)
- If you are having a local anesthetic, you will likely not need these tests.

After your surgery

If you had a general or spinal anesthetic:

- You will be taken to the Post-Anesthesia Care Unit (PACU). The nurses in the PACU will closely check your:
 - › Breathing
 - › Pulse
 - › Blood pressure
- You will be given an ice pack to put on your scrotum. This can help to lower swelling.
- You may be able to go home when you are fully awake and stable.
- **You must have a responsible adult take you home after your surgery. Do not leave the hospital by yourself.**
- You may need to stay in the hospital overnight if:
 - › You have other health problems
 - › You live far from the hospital

If needed, you will be taken to a room on a hospital unit.

If you had a local anesthetic:

- You will be taken to a recovery area for 30 minutes (half an hour).
- You will be given an ice pack to put on your scrotum. This can help to lower swelling.

- **You must have a responsible adult take you home after your surgery. Do not leave the hospital by yourself.**

Caring for your incision (cut)

- You will have stitches or small strips of tape over the incision to help keep it closed.
 - › The stitches will dissolve (go away) on their own by 14 days (2 weeks) after your surgery. You may see some discharge (pus) from the incision as your stitches dissolve.
 - › If there is tape on your incision, it will fall off on its own. Leave it in place until it falls off.
- You will have a small gauze dressing over the incision to stop your clothes from rubbing against it.
- Once a day, gently clean the incision, then put on a new dressing.
- You will have some bruising and swelling.
- The health care team will give you mesh underwear to wear in the hospital for support.
 - › After you leave the hospital, wear snug (well-fitting) underwear (like briefs) for support.

Bathing

- You can shower on the day after your surgery.
 - › **Do not** let the water spray directly on your incision.
 - › Pat your incision dry. **Do not** rub.
- You can have a bath 7 days (1 week) after your surgery.
 - › **Do not** have a bath before this. It may cause your stitches to dissolve too early.

Discomfort and/or pain

- Take over-the-counter acetaminophen (Tylenol®) or ibuprofen (like Advil®, Motrin®) for pain as needed. If your surgeon gave you prescription medication, you may use that as well.



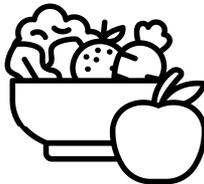
Activity

- If you stay in the hospital overnight after your surgery, your nurse will:
 - › Help you sit at your bedside the first evening after your surgery
 - › Help you walk in the hall the day after your surgery

- Moving your body after surgery can:
 - › Help your body heal
 - › Prevent complications
 - › Help you get stronger
- Get lots of rest during the first few weeks after you leave the hospital.
- Slowly go back to doing your usual daily activities, as you are able.
- Walking is the best exercise.
- Ask your urologist (urinary tract specialist) about when you can go back to work.

Eating

- You can go back to your usual meals right after your surgery.
- Eating foods that are high in fibre (like fruits, vegetables, bran) and drinking 8 to 10 glasses of water a day can help with constipation (not being able to poop).



Call your urologist or your primary health care provider (family doctor or nurse practitioner) if you have any of these symptoms:

- › Redness, warmth, or more swelling around the incision
- › More pain or tenderness around the incision
- › Bleeding from the incision
- › Drainage (pus) from the incision
- › The edges of the incision separate (come apart)
- › Fever (temperature above 38 °C or 100.4 °F) and/or chills

If you cannot reach your urologist or your primary health care provider, go to the nearest Emergency Department right away.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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