

## Bathing

- Your son can take a shower after the operation as the dressing is waterproof. However, avoid tub bath for the first five days.
- It is important to keep the operated site dry.

## Activities

- Your son may resume normal activities at home as tolerated.
- He should avoid doing strenuous exercises for the first two weeks after the surgery. An excuse chit for physical education / CCA will be given for school-going children.

## Complications

There may be complications such as:

- Bleeding at the operated site.
- Pain that is not relieved with medications.
- Fever (body temperature of 38°C and above).
- Scrotal wound breakdown (wound opens up or increased discharge around the wound site).



If your child experiences any of the above, please call the Paediatric Surgery Nurse Hotline at +65 9127 1648 (Monday to Friday, 9am to 5pm) or go to Children's Emergency (after office hours).

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

## About the Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit [www.nuh.com.sg/nuhkids](http://www.nuh.com.sg/nuhkids).

## Contact Us

### 24-hour Children's Emergency

Location: NUH Main Building, Zone F, Level 1  
General Enquiry: +65 6772 2555

### KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2  
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)  
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)  
General Enquiry: +65 6772 5736 Appointment Line: +65 6772 2002  
Fax: +65 6776 2102 Email: [ktpnucmi\\_appt@nuhs.edu.sg](mailto:ktpnucmi_appt@nuhs.edu.sg)

### 9a Viva-University Children's Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6772 5030 Fax: +65 6872 4314  
Email: [cbccappt@nuhs.edu.sg](mailto:cbccappt@nuhs.edu.sg)

### NUH Children's Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899  
Operating Hours: 9am – 11pm daily (including public holidays)  
General Enquiry: +65 6219 1538 Email: [childrenucc@nuhs.edu.sg](mailto:childrenucc@nuhs.edu.sg)  
Website: [www.nuh.com.sg/ucc](http://www.nuh.com.sg/ucc)

### NUH Child Development Unit @ JMC

Location: Jurong Medical Centre,  
60 Jurong West Central 3, Level 2, Singapore 648346  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

### NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club,  
2 Choa Chu Kang Loop, #03-01, Singapore 689687  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

### National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074  
Tel: +65 6779 5555 Email: [NUH\\_enquiries@nuhs.edu.sg](mailto:NUH_enquiries@nuhs.edu.sg)  
Website: [www.nuh.com.sg](http://www.nuh.com.sg)



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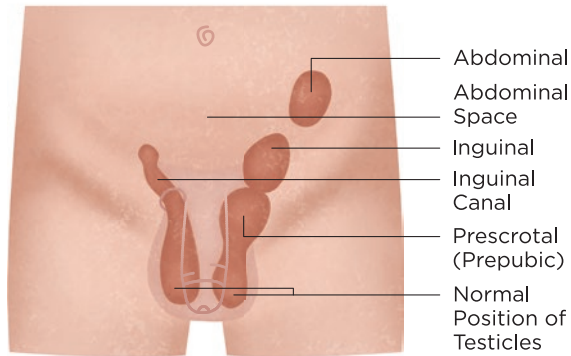
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# Undescended Testes



Khoo Teck Puat – National University  
Children's Medical Institute

# What are undescended testes?



In a normal infant, the testes follow a path from the abdomen into the scrotum via the groin. In some cases, one testis or both testes fails to move into the proper position at the scrotum during fetal development. This may result in the testis (or both testes) being found in the groin, in the upper part of the leg or in the abdomen. It is rare for both testes to be undescended.

Ensuring that the testis is properly sited in the scrotum is very important as it affects sperm production and fertility later in life. There is also a risk of testicular cancer if the testis is left in an abnormal location.

An undescended testis is usually detected during a check-up at birth or shortly after birth. The undescended testis usually moves into the proper position on its own within the first few months after the infant is born. Surgery is required to relocate it into the scrotum if it does not descend into the scrotum. It is recommended to have

the surgery when your son is between six and 12 months old to reduce the risk of later complications. In some cases, undescended testis may be identified only at a later age.

## What causes undescended testes?

The exact cause is unknown. However, there are some factors that may increase the risk such as:

- Premature birth.
- Low birth weight.
- Family history.
- Alcohol consumption during pregnancy.
- Smoking or exposure to second-hand smoke.

## How is the surgery performed?

If the undescended testis is found in the groin, a surgery called **orchidopexy** is done to elongate the spermatic cord and place the testis directly into the scrotum. This surgery will be done under general anaesthesia.

If the testis is not felt in the groin, our healthcare professionals will use ultrasound or put a camera directly into the abdomen to locate the testis. Testes that are found in the abdomen may require two separate surgeries to move them completely into the scrotum.

During the surgery, if the paediatric surgeon feels that the testis does not look healthy or there is a suspicion of testicular cancer, he/she may decide to completely remove the testis instead. This surgery is called **orchidectomy**.

The paediatric surgeon will advise you on the surgery that your son requires.



## How long is the surgery?

Both orchidopexy and orchidectomy usually take 30 minutes to an hour, depending on the complexity. No overnight stay is required. However, some babies may need to stay overnight in the hospital for observation.

## What can I expect after the surgery?

Swelling and/or bruising of the affected testis is expected within the first week. After five to seven days, the swelling and/or bruising will get better.

## How do I care for my son after the surgery?

### Pain Management

- Pain at the operated site is expected for a few days after the surgery.
- Your son must take the prescribed oral analgesia strictly for the first two days and when necessary thereafter.
- If pain is not relieved or has worsened even after taking the analgesia, please consult your son's doctor.



### Wound Care

- The wound will be covered with waterproof dressing. The dressing must be kept clean and dry. It can be removed after one week.
- Stitches are dissolvable and will usually disappear after two to three weeks.
- If there is bleeding at the operated site, bring your son to Children's Emergency.

