

varicocele

what is varicocele?

A varicocele is when the veins around the testicle dilate (get larger) which leads to venous pooling of blood around the testicle. A varicocele usually has no symptoms and is detected on routine physical exam. Varicocele occurs most frequently on the left side. It occurs in about 20 percent of the male population. Varicocele is the leading reversible cause of infertility (inability to have children) in young men. It occurs in about 40 percent of sub-fertile men (inability to have children after trying for 2 years).

what causes varicocele?

It is caused by faulty valves in the veins that return blood to the heart from the scrotal area. This causes the blood to pool (flow in the reverse direction) and the veins to dilate (widen) around the testicle. This increases the temperature in the scrotal region. The increased temperature can affect the development of sperm. Most often a varicocele does not require any treatment.

surgical treatment of varicocele: varicocelectomy

If the young adolescent patient develops a lag of growth of the testis (hypotrophy) or pain (pain is rare), then surgery is recommended. A lag of testis growth may be a sign of testis health being affected by the increased scrotal temperature. If there is no lag in growth (hypotrophy), then the patient can be followed annually with scrotal ultrasound. Scrotal ultrasound is a non-invasive screening tool to measure testicular growth.

Varicocelectomy is outpatient. This means that your child comes to the hospital for surgery, but is not admitted. Your child would be under general anesthesia so that they are asleep for the surgery. If you have questions about this, please ask the anesthesiologist. This is the person that helps your child fall asleep.

Your child will have a small incision over the groin. He will have a small clear bandage over the incision. This bandage should fall off on its own. The doctor will give your child a prescription for pain medication after surgery. There may be some mild swelling and bruising after surgery. This is normal and will get better.

restrictions

- Your child can return to school two to three days after surgery.
- No strenuous sports for two to three weeks.
- No weight lifting for six weeks.
- No contact sports (like football) for three weeks.
- He will be allowed to shower 48 hours after surgery.
- He will be able to swim in three weeks.



complications

Complications are rare but can occur.

- Hydrocele (water sac around testicle)
- Recurrence of varicocele
- Infection in/around the incision.

call our office for any of the following:

- Severe swelling of discharge from incision or in the scrotal sac
- Severe pain not controlled with medication

Call for any questions. Our office number is 937-641-3466. We are available Monday through Friday 8:00 am to 4:00 pm.

