



INFORMATION BOOKLET

ORCHIECTOMY

PART B

TABLE OF CONTENTS

1. GENERAL PRESENTATION		
2. WHAT IS AN ORCHIECTOMY?		
3. PREREQUISITES		
4. SURGICAL PROCEDURE		
5. ADDITIONAL INFORMATION ABOUT THE SURGICAL PROCEDURE		
6. RISKS AND COMPLICATIONS		
7. INFORMED CONSENT		
8. THE MONTHS PRECEDING THE SURGICAL PROCEDURE	4	
9. PREPARING YOUR SUITCASE	7	
10. PREPARING YOUR RECOVERY AT HOME	9	
11. THE DAY BEFORE THE SURGICAL PROCEDURE	10	
12. THE MORNING OF THE SURGICAL PROCEDURE	11	
13. YOUR STAY AT CENTRE MÉTROPOLITAIN DE CHIRURGIE	13	
14. THE HEALING PROCESS AND THE COMMON POSSIBLE COMPLICATIONS		
15. POST-OPERATIVE FOLLOW-UPS		

PART A

PART C

8. THE MONTHS PRECEDING THE SURGICAL PROCEDURE

8.1 PRE-OPERATIVE QUESTIONNAIRE

The pre-operative questionnaire that you completed when opening your file is valid for six months. After this period, we will ask you to complete it again for safety reasons.

AT ANY TIME BEFORE YOUR PROCEDURE, PLEASE NOTIFY US IF:

- You notice a change in your health status.
- Your life situation changes — our team will work with you to help you get the necessary resources.
- You have a bacterial or viral infection — ask your attending physician to send us their consultation report mentioning the details of the infection and treatment.
- There are changes to your current medication — please provide us with an updated list from your pharmacy.

8.2 PRE-OPERATIVE EXAMINATIONS

A resting electrocardiogram with interpretation will be required if you are 60 years old and over. You must provide us with the results of this test, including tracing, at least two months before the date of your surgical procedure. Please note that this is valid for four months.

After analysis, additional examinations may be requested. If applicable, be sure to send us the results as quickly as possible to avoid postponing the date of your surgical procedure.



8.3 PRE-OPERATIVE MEDICATION

MEDICATION TO BE CONTINUED

Before your surgical procedure:

- continue taking your hormone therapy.
- continue taking your antidepressants and neuroleptics.
- take acetaminophen without risk (paracetamol products, Atasol®, Tylenol®, Doliprane®, Efferalgan®).
- continue taking your multivitamins and vitamins **A, B, C and D**.

MEDICATION TO STOP

It is your responsibility to check whether the medicines you are taking contain any of the products mentioned below. If in doubt, consult your attending physician or pharmacist.

Two weeks before the surgical procedure, stop:

- ☐ natural health products,
- ☐ homeopathic products,
- ☐ garlic capsules,
- ☐ vitamin E.

Some natural products can affect the liver, altering liver enzymes and increasing the risk of bleeding. Because there is a lack of scientific data on post-operative complications possibly linked to the use of natural and homeopathic products, we recommend discontinuing them.

Ten days before the surgical procedure stop:

- ☐ acetylsalicylic acid (Aspirin®) and any other product containing acetylsalicylic acid,
- ☐ anti-inflammatories (**unless otherwise advised by your attending physician or surgeon**) such as ibuprofen, Advil®, Celebrex®, Indocid®, Motrin®, Naprosyn®, Orudis®, Vioxx®, Voltaren®, etc.,
- ☐ cold and flu medications such as Tylenol Sinus®, Advil Sinus®, cough syrup, etc.

8.4 ALCOHOL

Alcohol increases the risk of bleeding during surgery. Mixing alcohol and medications can also cause unpredictable side effects. Stop all alcohol consumption **two weeks before and three weeks after** the surgical procedure.

8.5 TOBACCO

Your surgeons recommend you quit smoking cigarettes or electronic cigarettes containing nicotine and nicotine substitutes (Nicorette® or others) **at least six weeks before and eight weeks after** your surgical procedure. The nicotine and toxic substances in these products can constrict small blood vessels and therefore

- slow the healing of your wounds and thus increase the risk of infection,
- increase the risk of respiratory problems and pneumonia after the procedure,
- cause nausea or vomiting and excessive coughing when you get up, which increases the risk of bleeding after the surgical procedure.

8.6 CANNABIS

Please refer to the Cannabis section in **Part A – Orchiectomy** booklet for information regarding cannabis.

8.7 BODY MASS INDEX (BMI)

During your pre-operative assessment, you may have been given a weight goal. To optimize results and reduce the risk of complications, we ask you to maintain this goal and to inform the nurse in charge of your file of any changes.

Please note that if your BMI is greater than 40 on the morning of surgical procedure, your surgeon may postpone your surgery.

Please refer to the BMI section in **Part A – Orchiectomy** booklet.

9. PACKING YOUR SUITCASE

The Centre Métropolitain de Chirurgie is not responsible for the loss, damage, or theft of personal belongings. Do not bring large sums of cash. Leave jewelry and valuables at home.

9.1 SMALL WHEELED SUITCASE

Your suitcase must be a carry-on size and **weigh no more than 10 kg (22 lb)**. We ask you to follow this instruction for the following reasons:

- Risk of injury to you when handling luggage that is too heavy or too bulky,
- Restricted space in the rooms,
- Fall hazard – floors must remain clear.

9.2 DOCUMENTS TO BRING

- ☐ The health insurance card from your province (RAMQ if you live in Québec).
- ☐ An updated list of your medications. Ask your pharmacist for this list.
- ☐ **For people who are not Canadian residents:**
 - Your passport,
 - The *Medical Service Contract*,
 - The *Governing Law and Jurisdiction Agreement* form.

If you are a non-resident patient of Canada and have not received this document, please contact us at 1 514 288-2097.

9.3 PERSONAL BELONGINGS FOR THE DURATION OF YOUR STAY

- ☐ Inhalation pump and inhalation chamber, if applicable
- ☐ Glasses or contact lenses, lens case and solution, if applicable
- ☐ Dental prostheses and containers, if applicable
- ☐ Hearing aids and case, if applicable
- ☐ Personal medication **must be properly identified and must be kept in its original containers**

9.4 ITEMS NEEDED FOR PREPARATION AND CARE AFTER SURGERY

Here are the items to bring if you are staying at a hotel before your surgery.

- ☐ Electric razor (clipper), there are some that sell for between \$15 and \$25
- ☐ Chlorhexidine sponges or soap for pre-operative showers

If you are travelling by plane with only a carry-on bag, make sure that your soap container is approved by the airline.



9.5 ITEMS REQUIRED FOR THE POST-OPERATIVE PERIOD

You must bring these items with you if you are staying at the hotel after your surgery.

- ☐ Thermometer
- ☐ Mild, fragrance-free soap such as Dove® or Ivory®
- ☐ Loose-fitting clothes and easy-to-slip-on shoes
- ☐ Non-sterile, 4 x 4 compresses (gauze) for wound care

Get a tube of silicone or vitamin E cream for massaging scars and leave it at home.

10. PREPARING YOUR RETURN HOME

10.1 MEALS AND SNACKS

Cook meals ahead of time, freeze them and stock up on non-perishable food so that you will not have to cook when you get home. Include enough protein in your diet because it directly influences wound healing. Additionally, staying hydrated and eating a balanced diet will optimize your immune functions, providing better protection against infection.

10.2 HOUSEKEEPING

Your movements and the weight you can lift will be limited. You will probably need help with some household activities. **Ask a family member or friend to be available when you need them.** They can accompany you wherever you go and help you with personal care and daily activities if necessary.

10.3 TRANSPORTATION AND PLANNING FOR YOUR RETURN HOME

You must be accompanied when leaving our facility.

Please note that you will not be able to drive while taking narcotics for pain relief.

10.4 RETURN TO WORK AND NOTICE TO YOUR EMPLOYER

The recovery period varies depending on the nature of your work and your surgeon's assessment. You may be off work for 3 to 6 weeks. It is important to inform your employer. If you would like a letter justifying your absence from work, please request it after your operation.

11. THE DAY BEFORE THE SURGICAL PROCEDURE

11.1 CHANGE IN YOUR HEALTH STATUS

The day before your surgery, if you have a fever (temperature higher than 37.5 °C) or flu-like symptoms, diarrhea or vomiting, please notify quickly the nursing staff at 514 332-7091, ext. 232. You can leave a message by voicemail.

11.2 SHOWER THE DAY BEFORE THE PROCEDURE

You **must** take a shower the day before **and** the morning of your procedure.

To reduce the risk of infection and the number of bacteria on your skin during the operative and post-operative periods, you must use the chlorhexidine sponges or soap that you purchased to clean the surgical site.

Be sure to carefully follow the instructions provided with the product and avoid contact with your eyes, outside the ears and genital areas. After showering, **do not apply lotion or cream to your skin.**

11.3 FASTING

You must **fast from midnight** the day of your surgical procedure, meaning you should not consume any solid or liquid food, **including water**. Avoid chewing gum or sucking candy. However, you can brush your teeth and rinse your mouth.

11.4 ARTIFICIAL NAILS, NAIL POLISH AND PIERCING JEWELRY

Remove artificial nails and nail polish, as the colour of your nails is a good indicator of your blood oxygen level. Also, the device used to measure your oxygen level may have difficulty reading the results if your nails are covered with nail polish, even if it is transparent, or if you have artificial nails.

Due to the risk of burns during the procedure, you **must** remove all your piercings. Please note that the surgeon may refuse to perform the surgery if you refuse to remove your piercings. However, you can replace body piercings with silicone jewelry temporarily, except for those on your face, neck, and mouth, which must be removed.

12. THE MORNING OF THE SURGICAL PROCEDURE

12.1 PRE-OPERATIVE HAIR REMOVAL

WHEN

Before the pre-operative shower on the morning of surgery and a **maximum of 12 hours** before the procedure.

AREA

Remove hair from the area to be operated on: the scrotum and around the anus.

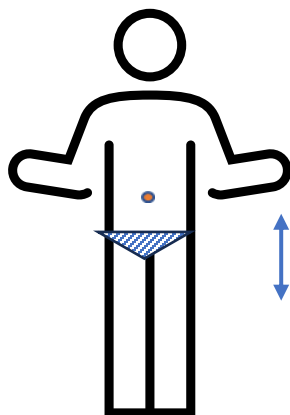
METHOD

Use an electric razor. There is no need to shave close to the skin. 1 mm of hair may remain.

However, be careful not to leave more than 1 mm, otherwise you will have to start shaving again, which could have an impact on the timing of your surgery.

Hair removal with wax or razor blades is prohibited. Depilatory cream must be avoided because of the risk of skin reactions.

The nursing staff will check the shaved area before your surgery.



Area to shave: the scrotum and around the anus.

12.2 SHOWER ON THE DAY OF SURGERY

You must take another shower the morning of the surgical procedure and wash the area to be operated on with the chlorhexidine sponge or soap. After showering, **do not apply lotion or cream to your body.**

12.3 PERSONAL MEDICATION

Your usual medication, including diabetes, heart and blood pressure medication, and inhalation pumps (even if you normally use them only when needed) will be administered to you after assessment by our clinical team when you are admitted on the morning of surgery. **You must therefore bring your personal medication with you to admissions.**

If you are permitted to take your usual medication on the morning of your operation, you can take it with a sip of water only.

Therefore, do not take any medication before meeting the nurse responsible for your admission. If in doubt, contact the administrative assistant in charge of your file at 514 288 2097.

13. YOUR STAY AT CENTRE MÉTROPOLITAIN DE CHIRURGIE

13.1 ADMISSION

A member of the GrS Montréal team will inform you one week before your surgery of the time you will be expected to arrive at the Centre Métropolitain de Chirurgie. On the morning of your operation, you will be greeted by a member of the nursing staff, who will complete your file with you and answer questions you may have.

Please note that the time of your admission **does not correspond to the time of your surgical procedure**, since the latter cannot be accurately confirmed. After your arrival in our facility, you may have to wait one to few hours before your surgery, depending on the day's operating schedule.

On admission, you will be asked to sign a form guaranteeing that you will be accompanied on discharge; **otherwise, you may risk having your surgery cancelled.**

13.2 MEDICAL CONSULTATION

The morning of your surgery, you will meet your anesthesiologist and surgeon. They will answer your last questions before your surgical procedure.

13.3 PREMEDICATION SPECIFIC TO YOUR SURGICAL PROCEDURE

Approximately two hours before your surgery, the nursing staff will administer premedication in the form of tablets which will reduce post-operative pain and the risk of nausea and vomiting.

13.4 OPERATING ROOM

A member of the care team will take you to the operating room.

Once you arrive, members of the surgical team will verify your identity and the information in your medical file. For safety reasons, you will be asked to confirm your identifiers several times.

For information on anesthesia, please refer to part A – Orchiectomy booklet.

13.5 RECOVERY ROOM AND DAY SURGERY UNIT

Immediately after the surgical procedure, you will be transferred to the recovery room for approximately 30 minutes. At this time, it is normal to experience nausea and vomiting that are possible side effects of anesthesia. The nursing staff will administer medication to manage your pain and will provide continuous monitoring.

You will then be transferred to our day surgery unit or to a room in the care unit for approximately two hours.

13.6 YOUR ACCOMPANYING PEOPLE

Your accompanying people will not be allowed to follow you into the operating room. They can wait for you in the waiting room.

Once you arrive at the day surgery unit or your room in the care unit, your loved ones will be allowed to visit you. To respect the peace and privacy of other patients, only one visitor is allowed at a time. If the peace and quiet of patients is not respected, we will be obliged to intervene and may limit the visiting time.

During your stay, no meals will be served to your loved ones. Please ask the staff of the Complexe chirurgical CMC about nearby restaurants.

13.7 GOING HOME

You will leave the CMC on the day of your surgery once your pain is under control, and you have urinated for the first time. Then, you will return home or to our partner hotel if you live more than 200 km from our facility. You will then receive your discharge prescription, which includes information about your post-operative care at home.

You will not be authorized to leave our facility without a person to accompany you.