

Hydrocele - Teen

Definition

- A hydrocele is fluid around the testicle. This fluid collects in the scrotum (the sac around the testicles).

Health Information

Symptoms

- Hydroceles make the scrotum look swollen. They can feel squishy.
- Hydroceles can be on one or both sides.
- Hydroceles are harmless. Most often, they don't cause pain.
- Hydroceles can change size. They can get bigger after standing up for a long time.
- Sometimes, hydroceles can feel heavy or ache during exercise or sports.

Causes

- Most hydroceles happen without a known cause.
- They can also happen from infection or injury to the testicle or scrotum.

Diagnosis

- A doctor can often diagnose a hydrocele on a physical exam.
- Sometimes tests are needed to learn why the hydrocele developed.

Care Advice

1. Key Points

- Most hydroceles are painless and harmless.
- Most hydroceles go away on their own.
- Here is some home care advice that should help.

2. Keep Active

- You do not need to limit your activity.
- However, sometimes your hydrocele can ache or get bigger with exercise.
- If this happens, take a break from your activity. Go back to play when you feel better.
- Avoid standing for a long time. Lying down can help.

3. Supportive Underwear

- Wearing snug underwear (briefs, boxer briefs) or a jock strap can help relieve discomfort.
- These can prevent discomfort when worn for sports.

4. Pain Medicine

- Give acetaminophen or ibuprofen as needed for pain. Follow package instructions for dosing.

5. What to Expect

- Most hydroceles will improve within 6 to 12 months.
- Your doctor will decide if you need any special treatment or referral.

Call Your Doctor If

- Severe pain occurs
- Scrotum gets very large
- You think your teen needs to be seen
- You have other questions or concerns

Pediatric Care Advice

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