

UROLOGICAL MEDICAL GROUP OF NORTH ORANGE COUNTY
Adult and Pediatric Urology

CHARLES C. STREIT, M.D., F.A.C.S.
ALAN C. WEINBERG, M.D., F.A.C.S.
MICHAEL S. GAZZANIGA, M.D., F.A.C.S.

301 W. Bastanchury Rd., Suite 180
Fullerton, CA 92835
Day or Night Call:
(714) 870-5970

16960 E. Bastanchury Rd., Suite F
Yorba Linda, CA 92886
Day or Night Call:
(714) 870-5970

CARE OF ACUTE EPIDIDYMITIS

1. Your diagnosis is basically an inflammation of a gland which covers the back side of your testicle. The purpose of this gland (the epididymis) is to collect sperm from that testicle.
2. Your primary goal is to support your testicles throughout your illness. Think of it as you would resting an injured arm in a sling.
3. In the early acute stage, recline at home, place a towel between the legs and allow the scrotum to rest upon it. Get up as seldom as possible. At night, wear a scrotal support to bed. Four to five days of this therapy may be necessary.
4. Once the marked discomfort has subsided, you may get up and around. Again, wear a scrotal support day and night so long as you have any element of discomfort. This may be as long as a week.
5. Walk and stand as little as possible. Lift nothing that is heavy. Your basic goal is not to increase your intrabdominal pressure (tighten your stomach muscles).
6. Finally, wear a scrotal support during the day at least five days longer than you think you need it. Though the pain is gone, the inflammatory process is still present and can flare up with little provocation.
7. Take all medications as directed.