Scrotal Hematoma
Collection of Blood in the Scrotum

Scrotal Hematoma is when blood collects inside of the sac that contains the testicles, the blood vessels that serve the testicles, and structures that help deliver sperm and semen (*scrotum*). The rich blood supply in this area makes it easy for a significant amount of blood to collect in the scrotum even after a minor injury or a small operation like a vasectomy. In addition, the tissues in the scrotum are very loose. There is no pressure from the surrounding tissue to help stop bleeding when it starts.

SYMPTOMS

Common symptoms of this may include:

- Bruising and blue color on the skin of the scrotum.
- Pain in the scrotum.
- Pain in one or both testicles.
- Swelling of the scrotum.
- Abdominal and/or pelvic pain.
- Nausea and/or vomiting.

DIAGNOSIS

The diagnosis is usually obvious when the testicles are swollen and bruised following a vasectomy. Scrotal hematoma often occurs following trauma or an injury. In these cases, additional tests may be done to make sure other contents in the scrotum are not injured. These could include injuries to the:

- Testes.
- Epididymis.
- Spermatic cord contents.
- Urethra.

If a minor injury leads to a large hematoma, this could be due to a tumor in a testicle. This condition is very rare.

TREATMENT

Most hematomas of the scrotum gradually reabsorb. This means the collection of blood gradually dissolves into the surrounding tissues. A very large hematoma may require drainage, but this is uncommon. This will improve over one to two months.

HOME CARE INSTRUCTIONS

Conservative treatment includes:

- Ice packs (cubes or crushed ice placed in a seal-able plastic bag and then covered with a thin cloth or towel).
- Scrotal support.
- Appropriate pain medications prescribed by your caregiver.
- Minimize physical activity and avoid any activities (such as bicycling and horseback riding) that would place direct pressure on the scrotum and penis.
- Avoid sexual activity until advised otherwise by your caregiver.
- If your caregiver has given you a follow-up appointment, it is very important to keep that appointment. Not keeping the appointment could result in a chronic or permanent injury, pain, and disability. If there is any problem keeping the appointment, you must call back to this facility for assistance.

SEEK MEDICAL CARE IF YOU DEVELOP:

- Cloudy or dark urine
- Frequent urination
- Scrotal swelling that is not improving as expected over 3-4 days.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Recurrent pain or severe that is not adequately controlled with prescribed medicine.

- Nausea and vomiting.
- Increased swelling of the scrotum.
- Increased abdominal pain or nausea and vomiting.
- A temperature along with chills.
- Difficulty in starting urination.
- Painful urination
- Slow urine flow
- Blood in urine
- Inability to urinate.

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