Testicular Pain Treatment

Self-Care at Home

In general, see your health care provider immediately if you have sudden onset of testicular pain, particularly if the pain is severe or associated with nausea.

- Apply an ice pack to your scrotum to help relieve pain and swelling. Ice packs have been shown to increase the time that a testicle can survive with decreased blood flow. Wrap the ice in a cloth. Do not place the ice directly on your scrotum.
- Pain medicines such as ibuprofen (Motrin, Advil) and acetaminophen (Tylenol) also may help temporarily.

Medical Treatment

Your doctor almost always will give you medication for pain. Ice packs generally help reduce pain and swelling.

Other treatment depends on the cause of your pain:

- Torsion: Torsion requires immediate surgery by a urologist (specialist in genital and urinary organs). Prior to surgery, a doctor may attempt to untwist the testicle to relieve the problem temporarily.
- Epididymitis: In addition to pain medicine, the doctor will give you antibiotics for 7-10 days.
  - The particular antibiotic used will depend on your age and on any allergies to medication.
  - Rarely, you may need to be admitted to the hospital.

- Torsion of a testicular appendage: Doctors may offer no specific treatment for this problem besides pain medicine and ice. The pain should go away within 1 week.
Hernia: Hernias usually require surgery. If you have severe pain that cannot be relieved, doctors may do surgery immediately.

Tumor: If you have testicular cancer, you will be referred to a urologist for further treatment.

Rupture or hematocoele: A urologist will assess this problem and often may perform immediate surgery.


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