



Manchester
Urology

Epididymal Cystectomy

(Removal of an epididymal cyst)

An Information Leaflet *(Written May 2008)*



What is an epididymal cyst?

The epididymis is a collection of coiled tubes that sit around the top and back of the testicle, along which the sperm travel from the testicle. An epididymal cyst is a collection of fluid that develops within the lining of these tubes. These cysts are very common and are completely harmless. They do not need to be removed unless they become painful or uncomfortable.

What is an epididymal cystectomy?

This operation aims to remove the cyst which has appeared in your scrotum and is usually carried out under a general anaesthetic (when you are put to sleep).

A small incision (cut) is made in the front of the scrotum, and the cyst is carefully separated from the attached tubes and removed. The wound in the scrotum will then be stitched together with dissolvable stitches, which means that they do not need removing as they will go soft, come undone and fall out usually 2 to 3 weeks after the operation.

What are the benefits?

- The aim is to remove the swelling and relieve the discomfort in your testicle.

Are There Any Risk Involved?

- *General Anaesthetic.* You may feel normal soon after you wake, but you will be drowsy and your reactions sluggish for twenty four to forty eight hours.
- *Bleeding.* There is a small risk of bleeding during the operation.
- *Pain.* Take pain killers as necessary if you experience any pain or discomfort in your testicle following the operation.

- *Infection.* If you notice increased pain, swelling, heat or redness around your wound, a discharge (pus), or if you develop a temperature, you should visit your GP immediately as infection may be present, which may require antibiotics.
- *Swelling and bruising.* You may find that the area around the operation site appears swollen and slightly bruised. This should settle after 1 to 2 weeks.
- *Failure to improve symptoms of pain.*
- *Scar tissue.* Scar tissue caused by the surgery can occasionally block some of the narrow tubes of the epididymis and may affect fertility on that side.
- *Recurrence of cysts at a later date on either testicle.*

What are the alternatives?

The only way to remove an epididymal cyst is by surgery.

How long will I be in hospital for?

The operation is often performed as a day-case (meaning that you will be able to go home the same day as the operation) or you may require an over-night stay.

What happens to me when I arrive on the ward?

You will usually come into hospital on the day of your operation. You will meet the nursing staff who will be looking after you and an anaesthetist. The anaesthetist will discuss your options for pain relief following the operation and also talk to you about the anaesthetic you will have and its risks.



On the day of the procedure

It will be necessary to stop eating and drinking for several hours prior to the operation. If you would normally take tablets during this time, please ask at the pre-operative assessment clinic which you should continue to take.

Before going to the operating theatre, you may be asked to take a bath or shower and change into a theatre gown.

All jewellery (except your wedding ring), dentures and contact lenses must be removed.

What happens after the procedure?

You may have a dressing over your wound, which should remain in place until you are advised to remove it by the nursing staff.

If you have any discomfort, you should request painkillers from the nurses looking after you.

You should be able to eat and drink, as soon as you feel well enough and are over the effects of the anaesthetic.

You will be encouraged to move around as early as possible, to prevent problems of reduced mobility.

Discharge arrangements

It is necessary to arrange for a responsible adult to collect you from hospital and transport you home.

It is important that in the first twenty four hours of having had a general anaesthetic you should avoid:

- Being left in the house alone, or looking after young children
- Driving (it is advisable to check with your insurance company as to how long your insurance is invalid following a general anaesthetic)
- Operating machinery; this includes cookers and other domestic appliances.
- Making any important decisions or sign any legal documents
- Drinking alcohol

If your stitches need to be removed, you will be given information on when to attend your practice nurse at your GP's surgery, for their removal.

Day to day living

After the operation you may be fitted with a scrotal support and advised to wear supportive underwear to prevent swelling occurring after the surgery. You should wear your scrotal support for about 1 week and then continue with supportive underpants.

You should wash the wound daily with soap and water and dry it thoroughly with a clean towel to prevent infection.

You can resume normal activities a few days after the operation but should rest, should you feel the need to. You should also avoid any heavy lifting or strenuous exercise for 1 to 2 weeks.

You can return to work when you feel able to perform your job with minimal discomfort. If you have a heavy, manual job you may need to take at least 2 weeks off work.

You should not drive until you can sit comfortably and perform an emergency stop safely, and without pain.

You can resume sexual activity when your wound has fully healed and it is comfortable for you to do so.

If There Is a Problem

If you experience any problems following discharge from hospital, please contact your GP.



For further information or to arrange an appointment with a consultant, please call: 0800 656 9616

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