

Will I require an outpatients appointment?

It is not usual to require a follow up appointment with the surgeons. However, it is often advisable to see your GP in around 6 weeks for a check up.

Reference source(s):

- www.london-urology.co.uk

Notes

Contact details

If you require further advice, please do not hesitate to contact the Day Surgery Unit.

Surgical Short Stay Unit

Telephone: 01483 406828.

Day Surgery Unit

Telephone: 01483406783
Monday–Friday, 8am–6pm

Out of hours advice:

Call 111 (formerly NHS Direct)
www.nhsdirect.nhs.uk

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Excision of epididymal cyst



Day Surgery Unit

What is an epididymal cyst?

The epididymi are two tubes found in the scrotum. The tubes store sperm and also carry the sperm from the testicles to the penis. Cysts are sacs of watery fluid that can form around these tubes. The cysts are essentially harmless but can cause discomfort, especially during intercourse.

What treatment is available?

1. Drainage of the cyst using a needle to reduce its size, often under local anaesthetic, is often recommended for younger men, but is not always a permanent solution.
2. Surgery involves making a small cut in the scrotum, draining the fluid in the cyst and then removing the cyst sac. The wound is then stitched with dissolving stitches. The wound is covered with sterile gauze and a scrotal support, which resembles tight jockey shorts, is put on.

What are any potential risks and complications?

Impaired fertility, scar tissue from the surgery may affect the passage of sperm from the testicles to the penis. Therefore, it is advisable to avoid this surgery if you wish to father any children in the future.

Excessive bleeding, bruising or swelling can occur following your surgery, if you are worried please contact your GP.

Infection can occur. If you notice any discharge, redness or tenderness from the

area please contact your GP in case a short course of antibiotics are needed.

Following your operation:

What about taking care of the wound?

It is normal to experience some bruising and swelling to the scrotum which can last up to a week. You will be given a pair of tight jockey pants to wear for 2-3 days. After this you should wear close fitting underpants until the swelling goes.

The nurse will give you some clean dressings to put in your underwear. If you notice a yellow or green discharge, you should consult your GP as this is a sign of infection.

Some purple bruising around the skin is to be expected. This may turn yellow after a couple of days.

Your stitches are dissolvable and will disappear in the next couple of weeks.

Will I need pain relief?

The wound site is likely to be sore for a week or two but you will be provided with painkillers to take home after the surgery. Be sure to take these painkillers regularly for the first couple of days. Minor twinges may be felt for several weeks.

Can I wash normally?

The wound will be sprayed with a protective transparent film dressing, which will help keep the wound clean.

You can shower the day after your surgery but do not use any scented products or

bubble bath. Try to keep the area clean after urinating.

What about other activities and exercise?

Normal activity can be resumed as soon as you feel comfortable. However contact sports and other strenuous activities are best avoided for about two weeks.

When can I return to work?

You can return to work after 2-3 days or when you feel comfortable to do so. If your job is manual or requires a lot of driving, you may need to take up to two weeks off. The day surgery unit can provide you with a certificate for work if required.

Will I be OK to drive?

If you have had a general anaesthetic you must not drive for 24-48 hours. Please check with your insurance company for confirmation. Otherwise you can drive when you feel comfortable and can perform an emergency stop without pain. This normally takes 3-4 days.

When can I resume sexual intercourse?

You can have sexual relations once the wound has healed and when it feels comfortable to do so. This may take up to two weeks.