

Edith Cavell Hospital Department of Urology



Removal of an Epididymal Cyst

What is an Epididymal Cyst?

An epididymal cyst is a swelling containing watery liquid lying just above the testicle. There may be more than one cyst present and they can occur above both testicles. They are quite benign.



What does the operation consist of?

A cut is made into the skin over the cyst. The cyst is removed and the cut is stitched up.

Are there any alternatives?

If you leave things as they are the cyst *may* slowly get bigger. It is acceptable to leave the cyst alone.

What happens before the operation?

You may be requested to attend the ward before your admission date to have blood tests and examinations performed to ensure you are fit for the operation. On admission to the ward, you will be welcomed and shown to your bed. You should plan to be in hospital overnight, although some people are fit

enough to be discharged home a few hours after the procedure. The nursing staff will discuss your discharge with you.

You will be seen by the House Officer and Surgeon who will explain the operation to you and ask you to sign the consent for surgery. If you are unsure about any aspect of the operation, please ask for more details from the medical or nursing staff. You will be advised of the approximate time of your operation.

You will be seen by the anaesthetist who will discuss the type of anaesthetic you will be given. They will be interested in any chest troubles, dental treatment and previous anaesthetics you have had.

You can have your usual diet until approximately six hours before surgery. This will let your stomach empty to prevent vomiting during the operation. You will be advised at what time to stop drinking fluids. You may be asked to shave around the area to be operation, to remove excess hair from where the cut is to be made. Your nurse will explain this to you.

You may be given a sedative about one hour prior to the operation to help relax you; if so you will be taken to theatre on a trolley. If no sedation has been prescribed, you may choose to walk to theatre, accompanied by a ward nurse. You will be asked to wear a cotton gown, and your details will be checked again before your anaesthetic begins.

What happens after the operation?

Although you will be conscious a minute or two after the operation ends, you are unlikely to remember anything until you are back in bed on the ward. Every patient has local anaesthetic injected into the wound, even if you have a general anaesthetic for the operation. There may be some mild discomfort on moving. Pain killing tablets may be given and should easily control this discomfort. If not, we can give painkilling injections.

You will be able to drink normally within an hour or two of the operation provided you are not feeling sick.

It is important that you pass urine and empty your bladder within 6-12 hours of the operation. If you find are having any difficulty, please report this to the nursing staff.

The wound has a dressing that may show some staining with old blood in the first 24 hours and will be changed by the nursing staff as necessary. There is no need for a dressing after 24 hours unless the wound is painful when rubbed by clothing. You will have catgut stitches in the skin which dissolve in 7 days or so. There may be some purple bruising and swelling around the wound which will settle after 2 or 3 days.

Warning after a general anaesthetic

The anaesthetic drugs will make you clumsy, slow and forgetful for about 24 hours. This happens even if you feel all right. Therefore **do not make any important decisions** at this time.

After you leave hospital

You are likely to feel tired for 1 to 2 days. After 1 to 2 weeks you will be able to return completely to your usual level of activity.

Driving

You can drive as soon as you can make an emergency stop without discomfort in the wound.

Sexual intercourse

You can restart sexual relations within a week or so.

Work

You should be able to return to a light job within 3 to 4 days and a heavy job within 6 to 7 days.

Complications

Complications are unusual, but are rapidly recognised and dealt with by the nursing and surgical staff. If you think that all is not well, please ask the nursing or medical staff.

Bruising and swelling may be troublesome, particularly if the cyst was large. The swelling may take 4 to 6 weeks to settle down.

Infection is a rare problem and settles down with antibiotics in a week or two.

Aches and twinges may be felt in the wound for up to 6 months.

Occasionally there are numb patches in the skin around the wound, which get better after 2 to 3 months.

New cysts may form in the same area and grow as large as before.

Things to look out for in the first 24 hours

Bleeding from the wound is the most important thing to look out for. A little blood staining is normal but if bleeding continues after changing the dressing twice, telephone the ward or your GP for advice. Bleeding can also show up as a painful swelling under the skin.

Things to look out for in the first week

If the wound gets painful, reddened, and swollen, there may be some infection. Telephone your GP for an appointment so that he/she can assess the wound and start you on appropriate antibiotics.

Any questions?

This leaflet has been written by the nursing and medical staff who work in the Urology Unit.

If you have any questions, jot them down here and ask the nursing or medical staff for answers.

Urology Department , Ward 11 - Telephone (01733) 875311

Please do not hesitate to ask the nursing staff

If you have any further questions

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