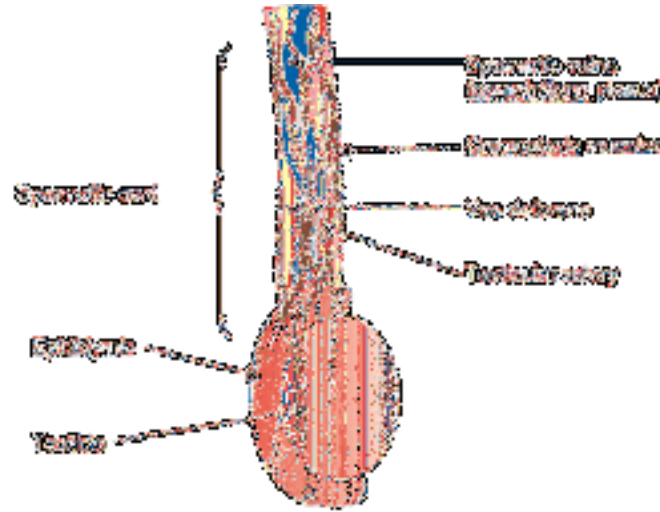


## HAVING A EPIDIDYMAL CYST REMOVAL

### What is an epididymal cyst?

An epididymal cyst is a fluid filled lump next to the testis, within the scrotum. Epididymal cysts are very common and often appear for no reason. Sometimes they can occur after a vasectomy

Epididymal cysts are not dangerous and are not usually a sign of any serious problem. However they can sometimes grow and become uncomfortable or bothersome.



### Why do I need an epididymal cyst removal?

There are a number of reasons why an epididymal cyst might need removing.

- The cyst is large enough to be causing pain or discomfort
- The cyst is large enough to be a nuisance or look unsightly

### How is it performed?

The operation is usually performed under a general anaesthetic. If you are fit and well, it can be done as a day-case procedure, which means that you will be allowed home 3-4 hours after you have recovered from your general anaesthetic. Sometimes Mr Cole may advise an overnight stay. You will go to the day case unit if you are a contract patient, or Victoria Wing if you are a private patient.

A short cut is made on the scrotum over the swelling. The cyst is removed and some stitches are put inside to stop the fluid returning. Finally, some skin stitches are used to close the skin edges together.

A dressing is put over the wound. You may also have a bandage going around both testicles to help prevent any swelling (this can be removed after 24 hours).

### What are the risks, consequences and alternatives associated with having an epididymal cyst excised?

Most procedures are straightforward; however as with any surgical procedure there is a chance of side effects or complications.

#### Occasional

- Recurrence of the cyst can occur, or new cysts can appear in the future
- Blood collection around the testes (haematoma) which resolves slowly or requires further surgery
- Possible infection of the testes or incision requiring antibiotics

#### Alternatives to epididymal cyst excision

- Leave cyst alone (no treatment)
- Aspirate fluid with needle (high chance of fluid coming back)

#### Post-operative care and discharge plan

After the effects of your general anaesthetic pass, you may eat and drink. Your surgeon will have applied a non-adherent dressing to the wound, and you will also be wearing a scrotal support or a bandage around the testicles. You should keep this on for at least 24 hours.

For the next 7 days, you may shower and lightly wash the area of the wound with water. You will have dissolvable stitches in the wound. When the stitches start to dissolve, the wound can look gluey. Do not worry about this, once the stitches have fallen out the scrotal wound will be hardly noticeable.

You should generally be able to return to normal activity after about 1 week.

**This information has been prepared by Mr Owen Cole MBBS FRCS (Urol), Consultant Urologist at the Medical Specialist Group LLP. [www.msg.qg](http://www.msg.qg).**