

Excision or Removal of an Epididymal Cyst

This operative procedure involves the making of a small cut in the scrotum, this being closed with dissolvable stitches. It is usually performed as a day-case procedure which means that you will be admitted and discharged on the same day as your operation. When you have had a general anaesthetic or sedation it is important that you do not drive a car, drink alcohol or handle machinery for 24 hours post-op. You should therefore arrange for someone to collect you from hospital.

You will be discharged with a supply of pain killers which you should take as prescribed. You will also be provided with some scrotal support, often a Jock strap.

You may have a small amount of swelling following the operation; even slight bruising of your scrotum. Resting as much as possible for a few days, particularly with your legs elevated, will aid healing and help reduce any potential swelling of your scrotal area. If you are sent home with antibiotics, take the whole course given as instructed.

About 24 hours after surgery you may bath or shower, allowing the water to soak off the wound dressing. Avoid the use of bubble baths and scented soaps. Dry yourself carefully afterwards. You may find that continuing to wear more supportive underwear such as the Jock strap or briefs may be more comfortable than boxer shorts.

You may have oozing from the wound site for a few days. However, if:

- the ooze from the wound changes to a yellow/green colour with or without an offensive smell
- the wound site becomes very red and sore
- there is significant scrotal swelling or severe pain

and with no improvement over 24-48 hours please contact your GP's surgery.

You may return to work when you feel comfortable and know that you can cope with the activities that your job entails. Avoid sex until the wound is healed and you are pain free.