

Information

What is an Epididymal Cyst?

The epididymis is a cordlike structure around the base of the testis where the sperm are stored. An epididymal cyst is a collection of fluid anywhere along the epididymis. These are quite common in men over 40 years of age and in most cases the cysts are harmless and generally do not cause any pain or discomfort.

If the cyst becomes large and uncomfortable then it may be surgically removed

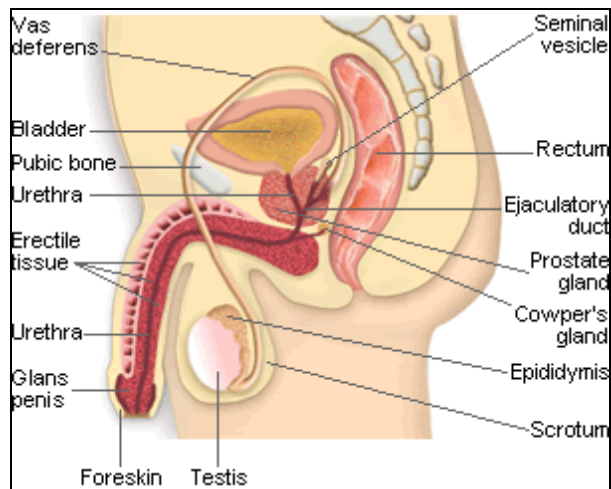


Figure 1 Male Anatomy

What type of Anaesthetic?

General Anaesthesia is the preferred method for this procedure. Your surgeon will place local anaesthetic in the wound at the end of the procedure to minimize post-operative discomfort.

What does the Surgeon do?

After you are asleep the surgeon will shave the scrotum.

An incision is made over the scrotum just above the cyst. The epididymal cyst is identified and removed taking care to avoid the principle nerves. The wound is then sutured closed.

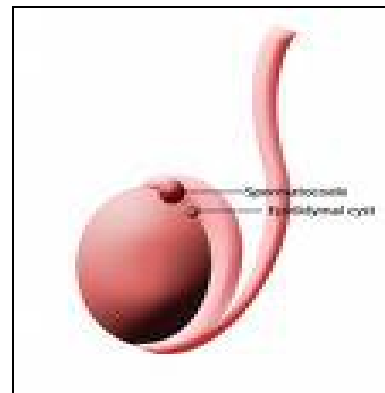


Figure 2 Epididymal cyst

What to expect after the Operation

- You will have a wound dressing around the operation site. There maybe a drain tube draining fluid from the operation site.
- The site will be closely monitored for swelling, bruising and bleeding
- Report any pain to the nursing staff

Are there any Complications?

As with any surgical procedure complications may occur. The major potential problems are post-operative pain, infection and bleeding. Other potential problems include breathing difficulties, allergies, cardiac problems and deep vein thrombosis.

- Use regular pain relief during your
- Supportive, firm fitting underpants such as jocks, to minimize swelling and comfort
- Bruising is to be expected post surgery.

When can I go home?

You should only be in hospital for 1-2 days and will be able to go home when:

- You are pain free
- You do not feel sick
- You are able to eat and drink
- You are able to go the toilet

Recovery at Home

Wound Management

- Before discharge from hospital discuss with nursing staff the need for wound dressing
- Continue to wear supportive underwear until reviewed by your surgeon
- Daily shower, taking care not to rub soap into the wound. Let water run over wound and pat dry.

Medication

- Continue to use pain medication as prescribed
- Some pain relief medication may cause constipation. To avoid this:
 - high fibre diet (prunes, bran etc)
 - increase fluid intake
 - you may need a laxative (Senokot)

Activity

- driving can be resumed within 24 hours of an anaesthetic, but be wary of abrupt movement whilst driving
- Normal daily activities may be resumed on discharge. Discuss with your doctor precautions in regard to lifting, sport and sexual activity.

You should contact your doctor if you:-

- Pass bright red blood
- Have fever, shivers, shakes
- Wound becomes red, swollen or bruised
- Pain not relieved through regular pain control

Epididymal Cyst Excision
Written by: Rosemary Neville
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Admission Details:

* Hospital _____

* Date _____

* Time _____

FASTING FOR AT LEAST 6 HOURS BEFORE SURGERY

TAKE USUAL MEDICATION ON MORNING OF SURGERY (except Aspirin/warfarin)

**DO NOT TAKE ASPIRIN/WARFARIN/PERSANTIN
ONE WEEK PRIOR TO SURGERY**

Expect to stay in hospital for 1-2 nights.
If you envisage difficulties in managing at home after discharge, whilst in hospital ask to speak with a Home Care Nurse



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Patient Information Leaflet

**SCROTAL
SURGERY
(Epididymal Cyst
Excision)**