

## Patient information

### Removal of Epididymal Cyst

Urology Department

Your doctor has advised you to have a removal of an epididymis cyst. This leaflet explains what to expect when you have an epididymal cyst.

#### **What is removal of an epididymal cyst?**

Removal of an epididymal cyst is an operation on the scrotum to take away a cyst on the epididymus. The epididymus is a structure that sits above and behind the testis in the scrotum. It stores sperm before they are ejaculated (see Epididymal Cyst information leaflet).

#### **Why would I be having this done?**

The intended benefit of this procedure is to treat the fluid cyst in your scrotum.

You will have been recommended to have removal of the cyst because it is causing you problems. For example if cysts are large they can be uncomfortable and get in the way when crossing your legs.

The epididymal cyst is removed.

#### **What are the risks of having a removal of an epididymal cyst?**

Most procedures have possible side effects, although the complications listed below are well recognised most patients do not suffer any problems.

#### **Common ( greater than one in ten)**

- Swelling of the scrotum which may last several days
- Seepage of yellowish fluid from the wound several days after surgery.

#### **Occasional (between one in ten and one in fifty)**

- Recurrence of the cyst.
- Blood collection around the testes which resolves slowly or requires surgical removal.
- Possible infection of the incision or the testicle, requiring further treatment with antibiotics or surgical drainage.

### **Rare(less than one in fifty)**

- Scarring of the epididymis causing impaired infertility.
- Chronic pain in the testicle or scrotum.

### **Hospital acquired infection**

- Colonisation with MRSA (0.9%- 1 IN 110)
- MRSA Bloodstream infection ( 0.02% - 1 in 5000)
- Clostridium Difficile bowel infection (0.01% - 1 in 10,000)

### **The rates for hospital acquires infection may be greater in high risk patients, for example those patients**

- with long term drainage tubes
- who have has their bladder removed due to cancer
- who have had a ling stay in hospital

### **Or**

- who have been admitted to hospital many times.

### **Are there any alternative treatments available?**

A needle and syringe can be used to suck the fluid out of the cyst. This has the risk of introducing infection and causing bleeding. The fluid will invariably reaccumulate over a period of time. There are also other surgical options.

### **What will happen if I decide not to have treatment?**

The cyst may stay the same, grow or get smaller. It will not turn into a cancer.

### **What anaesthetic will I be given?**

You will be given general anaesthetic. General anaesthesia is drug-induced unconsciousness. It is always provided by an anaesthetist, who is a doctor with specialist training.

Unfortunately general anaesthesia can cause side effects and complications. Side effects are common, but are usually short-lived: they include nausea, confusion and pain. Complications are very rare, but can cause lasting injury: they include awareness, paralysis and death.

There is a risk of damage to teeth, particularly caps or crowns and veneers. Your anaesthetist will take every care, but occasionally damage can occur.

The risks of anaesthesia and surgery are lower for those who are undergoing minor surgery, and who are young, fit, active and well.

You will be given an opportunity to discuss anaesthetic options and risks before your surgery.

For more information, please ask for a copy of the leaflet “**You and Your Anaesthetic**” (PIF 344).

### **How do I prepare for the procedure?**

- Removal of an epididymal cyst is normally carried out as a day case procedure.
- A short time before your procedure you will be asked to attend the preoperative assessment clinic where you will be seen by a specialist nurse who will assess your general health and book any investigations you may need before attending theatre. These can include blood samples, urine samples, a chest X-ray or an ECG (heart tracing).
- You will be given instructions regarding fasting prior to the procedure.
- Normal medication should be taken unless instructed otherwise.
- You should make sure you have some painkillers at home before you come to hospital.
- If you are taking any tablets to thin the blood such as Warfarin, Aspirin or Clopidogrel it is important that you let the doctor or nurse know because they may need to be stopped for several days before the operation can be done.

### **What does the operation involve?**

A cut is made in the skin of the scrotum over the testicle. The cyst is carefully dissected away from the testicle. The scrotum is then sewn up again. Dissolving stitches are usually used.

### **What should I expect after my operation?**

- After your operation has finished, you will stay up in theatre in the recovery suite until you are fully recovered from the anaesthetic, and the anaesthetist is happy for you to return to the ward.
- The nursing staff will ask you at intervals whether you have passed urine. This is quite a normal question after any operation.
- A nurse will check your pulse, blood pressure, breathing and wound regularly. It is important that if you feel any pain you must tell the nursing staff, who can give you painkillers to help.
- The nursing staff will also advise you when you can start taking sips of water. Anaesthetics can make some people sick. If you feel sick we advise you not to drink until this feeling has passed. The nursing staff may offer an injection to help this sick feeling go away.

## **When will I be able to go home?**

- You must have had something to eat and drink.
- You must have passed urine.
- The nursing staff must be satisfied with your wound.
- You should not be left alone overnight.

## **For next 24 hours you must not**

- Travel alone
- Drive any vehicle e.g. car, scooter or ride a motorcycle or bicycle
- Operate machinery (including domestic appliances such as a kettle)
- Climb ladders
- Make important decisions, sign any business or legal documents
- Drink alcohol
- Return to work within 12 hours of treatment. Your general health and any medicines you are taking may increase the time you need off work.

## **You should**

- Take it easy for the rest of the day, avoid strenuous activity.
- Take your medications as usual.
- Let someone else care for anyone you usually look after, such as children or elderly or sick relatives.

## **What can I expect after the operation?**

- Bruising of the scrotum is usually present for six to ten days after surgery. You should take things very easy for the first ten days after the procedure. Heavy lifting or straining during this time risks causing bleeding to restart.
- Pain can be alleviated with paracetamol and wearing supportive underpants may alleviate some discomfort, (we can supply scrotal supports).
- You may have a dressing applied to the wound but often this is not necessary.
- You can take a short shower from the evening after the operation. You can take a bath from 48 hours after the operation. You should not use any soap or other toiletries just warm water. You can add salt to the bath if you wish.
- Do not apply any creams, talcum powder or medication to the wound as they may trap bacteria and could cause infection.

- The stitches are self-dissolving and do not have to be removed. If they persist for more than three weeks and the wound is healed you can ask your practice nurse to remove them.

### **When can I go back to work?**

You should plan to have between ten days and two weeks off work. This will depend on the type of work you do.

### **What happens after I am discharged?**

An outpatient's appointment is not required but if you have any problems you are advised to contact your family doctor (GP) or the emergency department ( A&E Department).

### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

### **Further information**

**For general queries telephone the Urology Centre**

**Tel: 0151 600 1592.**

**Text phone number: 18001 0151 600 1592.**

**For clinical questions specific to your case, telephone the secretary of your Urology Consultant**

**Author: Urology Department**

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