



Day Surgery

Patient Advice Following Removal of an Epididymal Cyst

You have just had a procedure to remove an epididymal cyst from the tissue just above the testicle.

Pain

During the procedure, the surrounding area may be numbed with local anaesthetic which usually wears off within four to eight hours. Following the procedure, you may experience some discomfort initially. You should take some pain relief as necessary. Always follow the instructions on the side of the packet and do not exceed the recommended dose.

It is advisable to wear supportive underpants and not boxer shorts. The surgeon may also provide you with a scrotal support to wear. This can be worn until the swelling and discomfort have settled or should be removed after days, as specified by the surgeon. There may also be some bruising which should gradually reduce over the next seven to ten days.

Wound

It is important to keep the wound clean and dry for the first hours to allow the wound time to heal. You can then shower as normal but avoid soaking the wound. This is to avoid the stitches dissolving too quickly which may cause infection. To minimise the risk of irritation to the wound, avoid the use of strong-scented soaps and talcum powder.

Stitches

The wound has been closed with dissolvable stitches that do not need to be removed. They will gradually dissolve approximately 14 to 21 days after the procedure.

General Advice

If you develop a fever, or notice signs of inflammation, increased pain or discharge from the wound, please contact your GP for advice.

To help your wound heal quickly, it is important to eat a nourishing diet containing foods high in protein eg fish, eggs, milk and cheese.

Activity

Rest well for the first few days because the procedure and anaesthetic can often leave you feeling tired.

You should not drive for the first 24 hours which is a requirement of the Road Traffic Act.

Your own circumstances will determine when you go back to work. A week should normally be enough, depending on the heaviness of your workload.

You may resume sexual intercourse as soon as you feel comfortable.

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to:

Your GP or out of hours GP

Urology Nurses

NHS Direct

Dorchester Day Surgery Unit

Weymouth Day Surgery Unit

Easton Day Surgery Unit

01305 255145/ 255695

111

01305 254501 (on day of surgery only)

01305 762664 (on day of surgery only)

01305 255771 (on day of surgery only)

About this leaflet:

Author: Laura Gower, Staff Nurse

Written: April 2013

Updated & Approved: November 2020

Review Date: November 2023

Edition: v2

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



INTEGRITY | RESPECT | TEAMWORK | EXCELLENCE

© 2020 Dorset County Hospital NHS Foundation Trust
Williams Avenue, Dorchester, Dorset DT1 2JY
www.dchft.nhs.uk