

Having surgery to remove an epididymal cyst

Department of Urology

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Information for patients

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What is an epididymal cyst and how is it removed?

An epididymal cyst is a swelling containing watery liquid lying just above the testicle. The cyst will be removed through a cut made in the skin. The procedure is performed under general anaesthetic (whilst you are asleep).

Are there any possible complications?

As with all procedures, there are associated risks. These include:

- **Swelling** - caused by bleeding into the scrotum. This swelling will go down once the fluid is absorbed back into the bloodstream.
- **Bruising and bleeding** - your scrotum may become quite bruised and sore. The bruising should start to go down after a few days.
- **Wound infection** - which may require treatment with antibiotics.

You will have time to discuss all these risks with the doctors and nursing staff before you consent to your procedure.

Are there any alternatives?

If you do not have surgery, the cyst will probably get bigger. Sometimes this takes years, so you may wish to leave things as they are. Most surgeons will recommend surgery to treat an epididymal cyst, although injection treatments are also available.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Important information

Please read the following important information:

- If you are ill, or cannot keep your appointment for any other reason, please let us know **as early as possible**. Another patient may benefit from the cancellation of your appointment.
- If you feel worried or nervous, and want to talk to someone, please feel free to ring the nurses on the Day Case Unit.

Please ring the number of the hospital you are going to for your operation, Monday to Friday 9am to 6pm.

Leicester General Hospital 0116 258 4192 (Day Case 1)

0116 258 8130 (Day Case 2)

Outside these hours contact: Urology Emergency Admissions

0116 258 4247

What happens before my procedure?

You will be seen in a pre-assessment clinic at some point before your procedure, to make sure you are fit for day surgery. At this appointment the nurse will go through your paperwork with you and you will be given information about your procedure.

You will be told about the consent form that you will be asked to sign to give the surgeon permission to carry out your procedure. This appointment is a good time to ask any questions you may have. Please write these down if that will help.

Depending on your general health and your age, we may need to carry out some tests. These will be discussed with you, and may include an electrocardiograph (heart tracing / ECG), screening swabs and blood tests.

If you are taking any medication, please bring it with you.

What arrangements do I need to make?

Your procedure is planned to be done as a day case procedure, so you should go home the same day. The procedure will be done under general anaesthetic (whilst you are asleep). You need to plan the following things:

- You must be collected by a responsible adult, who must take you home in a car or taxi following your procedure.
- You must have a responsible adult at home with you for at least 24 hours after your procedure.
- You must have a telephone at home.

You **must not** drive, cycle, operate machinery or drink alcohol for a minimum of 48 hours after your procedure. **Important: Driving after an anaesthetic is a criminal offence and will affect your insurance cover.**

What do I need to do before my procedure?

- Read your admission letter carefully.
- Do not eat or drink anything from the time stated in your letter.
- Do not wear contact lenses.
- Do not wear any jewellery, except for a wedding ring.
- Do not bring any valuables with you into hospital. University Hospitals of Leicester NHS Trust cannot accept responsibility for loss or damage to personal belongings.
- Do have a bath or shower before you come into hospital.
- Do wear comfortable clothing and supportive underwear to go home in.

Expect to wait on the unit before your procedure.

What do I need to bring with me?

On the day of your procedure please bring with you:

- Your appointment letter. The time you are given to arrive is not the time of your procedure. The surgeon needs to see you before the start of the list, so you may be waiting for your procedure for between two and four hours.
- Any drugs, medicines or inhalers you are using. Please take your necessary medication before attending; the pre-assessment nurse will advise you when you should take your medication.
- A contact number for your lift home.
- A dressing gown and slippers, if you have them.
- Something to do while you are waiting, such as a book or magazine to read.

What will happen while I am on the Day Case Unit?

- You should come to the Day Case Unit and report to reception. Your details will be checked and you will be directed on to the ward or to the waiting room where a nurse will collect you.
- The nurse will talk to you about your procedure and ask you a few questions.
- You will meet one of the surgical team who will ask you to sign a consent form. If there is anything you are concerned about or do not understand, please ask your surgeon before you sign the form.
- You will also be visited by your anaesthetist – this is the doctor who will look after you while you are asleep.
- The nurse will tell you when to change into your theatre gown, and then take you to the operating theatre.

What happens after my procedure?

You will return to the day ward and staff will make sure you are comfortable, and provide you with refreshments. If you have any discomfort or sickness please let the staff know so that they can help you.

You will recover on the ward until your nurse is happy that you are well enough to go home. You will need to eat and drink before you can go home. Very occasionally patients need to stay in overnight. If your doctor or nurse feels that this is necessary, they will explain to you the reasons for this.

Wound care

Your wound will have dissolvable stitches (they do not need to be removed). Your surgeon may also have put a dressing over the wound, which should not be touched for 48 hours.

You should keep your wound dry for 48 hours, after which you can bath or shower as normal and you can remove the dressing. After your bath or shower, gently rinse the wound with clean water, but do not rub the wound. Then carefully pat it dry with a clean towel. Wearing close-fitting underwear will help to support the wound.

Always keep the wound clean and dry. Do not be tempted to touch or pick the stitches. The healing process will take between one and two weeks and your stitches could take up to four weeks to dissolve. Bruising and slight redness around the wound is usual and will not affect the healing. If you notice any increasing redness, swelling or discharge from the wound, you should contact the Day Case Unit for advice.

Pain

You may have some pain after your procedure. You will need to buy some painkillers such as paracetamol. Ask a pharmacist if you need advice about this.

- Take painkillers when the pain starts. Do not wait for it to get really bad.
- Take painkillers before you go to sleep so you are able to rest.
- If your pain is very bad take the painkillers regularly, (four times a day) so they keep your pain under control.
- Take painkillers when you wake up, so they are working before you get out of bed.
- Painkillers can cause constipation, so you should drink plenty of water, and eat some high fibre foods such as fruit, vegetables and cereals.
- Everyone is different; do not be surprised if you are still having some pain for a week or two, as this is quite normal.

Going home

Driving

You must not drive for at least 48 hours after a general anaesthetic. You will not be covered by your car insurance. Do not drive until you can keep control of your car in an emergency. It may be over a week before you are able to safely drive.

You should contact your insurance company if you are not sure.

Work

The amount of time you need to be off work depends on your job, but will usually be between one and two weeks. Please discuss this with your surgeon or nurse.

Sex

You should avoid sexual activity until your wound is completely healed, which could be about four to six weeks after the operation.

Physical activity

Do not do too much too soon. It is usual to feel some aches and pains for a few days, perhaps up to two weeks. Avoid strenuous activity, contact sports and heavy lifting for at least two weeks.

Holidays

Flying too soon after a procedure can increase the chance of problems, and you may not be covered by your insurance, please discuss this with your insurance company.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਸਿ ਹੋਰ ਭਾਸ਼ਾ ਵਲਿ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk