

# Hydrocele or Epididymal Cyst Surgery

## What to expect

- **Bruising** may be noticeable on the skin
- **Minor bleeding** may be present from the wound. You can wear a light pad in the underwear if necessary
- **Swelling** may persist for a number of weeks after the procedure
- **Scrotal discomfort** will generally resolve one to two weeks after surgery
- We suggest using supportive underwear and using simple paracetamol and ibuprofen as needed

## Return to activity

- **Driving** – no driving for one week or until comfortable
- **Work** – you will require some time off work. The duration will depend upon your occupation. In general you could return to light duties within a week. You should discuss this with your surgeon *prior* to surgery to arrange a certificate
- **Lifting** – avoid heavy lifting for at least 2 weeks after surgery to minimize the chance of secondary bleeding
- **Activities** – walking is fine and encouraged after surgery. Strenuous activity including running, gym, golf, cycling and swimming should be avoided for 2 weeks
- **Sex** – avoid for 2 weeks
- You can shower after 24 hours but avoid soaking in the bath for at least one week. Keep the wound dry and clean.

## Follow up schedule

- The suture material used to close the wound is dissolvable but may take a number of weeks
- Routine follow up is conducted after 6-8 weeks to allow healing to take place

# When to go to emergency

- **Severe bruising and swelling** – this may be due to secondary bleeding. This is uncommon but can occur within the first week or so after surgery
- **Fever, chills or shakes** – this may indicate infection