

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