

Removal of Epididymal Cyst

Who is suitable for an epididymal cyst removal?

- Patients who are experiencing pain, discomfort or swelling in the scrotum
- Patients who have a large cyst that causes them to feel self-conscious or is a nuisance
- Patients who have previously had a cyst aspirated (fluid removed with a needle) but the cyst has returned.

What are the advantages of having an epididymal cyst removal?

Removal of an epididymal cyst is a surgical treatment for the relief of bothersome symptoms caused by the cyst.

- Significantly less chance of the cyst returning, compared to injection or aspiration treatments
- Straightforward and quick procedure
- Reliable results

How is an epididymal cyst removal performed?

- This procedure is performed under general anaesthesia
- Removal of epididymal cyst may take up to 45 minutes
- A small incision is made in the scrotum
- The cyst is carefully separated from the surrounding structures and removed
- The wound is closed using dissolvable stitches that do not require removal

What to expect after an epididymal cyst

removal?

- Most patients go home on the same day as their procedure
- We recommend the use of supportive underwear
- Light work can be resumed in 3-4 days but strenuous exercise and heavy lifting should be avoided for 2 weeks to minimize the chance of bleeding
- Some bruising, swelling and discomfort in the scrotum is to be expected for a few days following the procedure
- There may be some minor fluid discharge from the wound for a few days
- Infection of the wound and blood clots in the scrotum are both uncommon but possible complications

Procedure outcomes

- There are some cases where an epididymal cyst may return, even after surgical removal though this is not common
- Very rarely, removal of an epididymal cyst can affect a man's fertility if the structures that carry the sperm from the testis become damaged during the surgery. If fertility is important for you, you should discuss this possibility with your urologist prior to surgery

Post-Operative Care Instructions

What to expect:

- Bruising may be noticeable on the skin; you may take paracetamol or ibuprofen for discomfort
- There may be some bleeding at the wound site; you may wear a light pad in the underwear if necessary
- Swelling may persist for a number of weeks following the procedure

Return to activity:

- Driving – no driving for one week and until you are pain free
- Work – you will require some time off work; the duration will depend

on your occupation. Generally, you may return to light duties after a week

- Lifting – avoid heavy lifting for at least 2 weeks following your procedure to avoid bleeding
- Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity for a week following your procedure
- Sex – avoid for 2 weeks
- You may shower after 24 hours but avoid soaking in the bath for at least one week
- Keep your wound dry and clean

Pain Management:

Scrotal discomfort will usually resolve in 1-2 weeks following the procedure. We suggest that you wear supportive underwear to help minimize swelling. You may take ibuprofen or paracetamol if you are experiencing discomfort.

FAQ:

Do my sutures need to be removed?

The suture material that is used to close the wound is dissolvable, but this will take a number of weeks

Head to your nearest hospital emergency room if:

- You have progressive bruising or swelling (this is uncommon, but may indicate bleeding)
- Fevers, chills or shakes (may indicate infection)
- You have pain that cannot be controlled with medication

Follow-Up Information:

Our rooms will arrange a follow-up appointment with your urologist typically 6-8 weeks after the procedure.

Contact Information:

If you have any questions or concerns that are not addressed here or in the procedure information available on our website melbourneurologycentre.com.au contact our rooms on 1300 702 811 or [\[email protected\]](#)

Post-Operative information for this procedure can be found here:
[Epididymal Cyst Surgery Post-Operative Care Instructions](#)

Written by [Dr. Shekib Shahbaz](#) and [Dr. Tony de Sousa](#)