

Day Surgery Unit

Epididymal Cyst/Hydrocele Operation

An Epididymal cyst is a collection of fluid that develops within the lining of the epididymis which is the tube that sperm passes through on leaving the testis.

A Hydrocele is a collection of fluid in the scrotum or around the testis.

The Operation

The operation to remove the fluid will be performed either under a general anaesthetic when you will be asleep for the procedure, or under a local anaesthetic when you will be awake, but have an injection to make the area numb.

The operation for a hydrocele involves making a very small cut in the scrotum (or lower abdominal wall). The fluid is then drained from around the testicle. The passage between the abdomen and scrotum will also be sealed off so the fluid cannot reform in the future.

If you have a general anaesthetic once you are awake you will return to the ward where a nurse will then check your wound and encourage you to sleep off the anaesthetic. You will remain on the ward for a minimum of one hour to recover from the anaesthetic.

If you have a local anaesthetic you will again return to the ward and a nurse will check your wound. You will remain on the ward until staff agree that you can be discharged.



Patient Information

On Discharge

Once the surgeon and anaesthetist have agreed that you can go home:

- A post-operative letter will either be given to yourself from the hospital for you to take to your GP if you live outside the Coventry area, or if you live within the Coventry area, a post-operative letter will be available on the hospital reporting system which is accessible to all Coventry GP's.
- If you require an Outpatient's appointment you will receive it in the post.
- If you have any queries please ask staff.

Going home

If you have had a general anaesthetic:

The anaesthetic drug remains in your body for 24 hours, and during this time it is gradually secreted from the body. During this 24 hour period you are under the influence of this drug, which can temporarily affect your co ordination and reasoning skills. As a result there are **certain things you must not do**. These include:

- Do not drive a car or any form of motorised transport, or bicycles. You will need to get someone to drive you home;
- Do not drink alcohol;
- Do not operate any machinery or electrical appliances; this includes using a kettle or saucepan;
- You should not lock the bathroom or toilet door or in anyway make yourself inaccessible to the person looking after you;
- Do not sign any legal documents for 48 hours afterwards.

At Home

Eating and Drinking

On your return home you may eat and drink as normal.

Pain relief

Once the anaesthetic starts to wear off, over the counter painkillers such as paracetamol based products (Paracetamol, Panadol, Paracodol) should help with any pain or discomfort you are feeling. It is advisable not to take Aspirin based pain killers as this may increase the risk of further bruising. If

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however, you take Aspirin as a routine medication, it is advisable to ask your GP if you should continue taking it. **Always read the instructions on medicines carefully.**

Your Wound

You may return home with a dressing and a scrotal support on, if so please keep this on until the next day. You may notice a slight swelling and bruising, if so it is best to wear supportive underwear to minimise the swelling such as swimming trunks, briefs or Y-fronts rather than boxer shorts.

Aftercare

The stitches in your wound will be dissolvable, and will fall out of their own accord. When they are dissolving you may notice a discharge, this is normal. If however, your wound:

- Begins to swell even more
- Becomes inflamed (red, hot to touch)
- The discharge increases/bleeding occurs
- The discharge begins to smell

Please contact your GP immediately

Bathing

You should have daily baths for 7-10 days after your operation but please make sure your wound is dried thoroughly with a clean towel to prevent infection, as if wet, there may be an increased risk of wound infection. **Do not use talcum powder on your wound.**

Returning to Work

It is advisable, especially if your work is heavy (manual, driving) to stay off work for at least one week.

Recovery

You may feel tired once you reach home. This may last a couple of days.

Patient Information

Further Information

If you require any further information please contact

The Surgical Day Unit on 024 7696 6868 or 024 7696 4000 ext. 26868

Between 8.00am and 5.30pm, 7 days a week.

If you have any problems or worries contact your GP.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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