

Scrotal surgery

Information for patients



Please contact a member of nursing staff at the appropriate day unit if you wish to discuss your operation before your admission to hospital. (Contact numbers can be found at the end of this leaflet)

The procedure

There are two main conditions of the scrotum treated in the day units:

- Epididymal cyst
- Hydrocoele

Both procedures can be performed under local anaesthetic (injected directly into the area) or general anaesthetic (when you are asleep).

Epididymal Cyst

An epididymal cyst is a lump or swelling (on one or both sides of the scrotum) arising from the epididymis, which is part of the tube which carries sperm from the testicle. Cysts are common and usually do not require treatment. However, if you have pain, discomfort or an increase in the size of the cyst, the surgeon may suggest you have the cyst removed. Further cysts may appear at a later date.

The operation involves a small cut in the scrotum to allow removal of the cyst, or removal of the cyst together with part of the epididymis.

Hydrocoele

A hydrocoele is a swelling arising from fluid collecting between the layers of tissue within the scrotum. It usually affects only one side of the scrotum although both sides can be affected. Hydrocoeles may be aspirated or surgically removed. They can recur at a later date.

The operation involves making a small cut in the scrotum to allow drainage of the fluid and removal of the hydrocoele, or repair of the hydrocoele wall.

Before your operation

If you are having a general anaesthetic, you will have a pre-screening appointment to assess your suitability for day surgery, before you are given a date for your operation. At this appointment the nurse will take details of your:

- medical history
- current medication
- home care arrangements after you have been discharged from hospital.
- If you are having a general anaesthetic, you must have somebody to collect you from hospital and somebody with you for 24 hours after surgery.

Please use this opportunity to ask any questions about your surgery and after-care. Where possible, the nurse will arrange a mutually convenient date for your surgery. S/he will also give you instructions about preparing for your operation, which will include advice about:

- having a bath or shower before you come to the hospital
- eating and drinking
- taking your normal medication, if appropriate

Note: If you normally take aspirin daily you should or clopidogrel each day, you will need to stop this 1 week before your operation.

- returning to work after surgery

On the day of surgery

You should have a bath or shower before you come to hospital.

If you normally wear contact lenses, you will need to remove these before your operation. Please bring your spectacles or an extra pair of contact lenses with you.

Please bring slippers and a dressing gown. Valuables and large amounts of money (over £20) must be left at home.

On admission to the unit you will be greeted by a nurse who will check that your details are correct. The surgeon and the anaesthetist (if you are having a general anaesthetic) will talk to you and you will be invited to ask any questions you may have.

A member of staff will escort you, as you walk if you are able to, to the operating theatre. At the start of your operation, it may be necessary to shave the hair off your scrotum.

Following your operation

You will be transferred to the ward area where nurses will continue to monitor your condition. If you feel any discomfort, please inform the nurse looking after you, so that pain relief can be given. You will need to have something to eat and drink, before you can go home. You will also need to pass urine before you can go home.

After about 1-2 hours, if the nurse feels you are sufficiently recovered, you may be discharged home.

Care at home

You may be prescribed painkillers to take home with you. Please ensure that you have a supply of simple painkillers - paracetamol for example at home with you. Please take only as directed on the packaging. The stitches in your wounds may be dissolvable, the nurse will inform you of this before you leave the unit. If they do not dissolve, or become uncomfortable, you may need to see your Practice Nurse to have them removed. Should the need arise, the day unit staff will give you a letter for the Practice Nurse.

There is no need for a dressing, but a shower and daily change of underwear is required. You should wear the scrotal support provided, or close fitting underpants, to give your scrotum support. You may need up to two weeks off work and should not do any heavy lifting for 7 to 10 days.

Please do not have a bath for 2 weeks following surgery to reduce the risk of infection.

Possible complications

Minor

- slight oozing of blood from operation site
- bruising of the scrotum
- infection at the operation site

Moderately severe

- recurrent cyst or hydrocoele formation

Major

- significant blood loss
- chronic pain after your operation

Please contact your GP, if you develop:

- a temperature
- fresh bleeding or bruising
- redness or swelling at the operation site
- pus or drainage from the operation site
- prolonged or severe pain



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