

Advice following repair of hydrocele / removal of epidydymal cyst / ligation of varicocele

Adult Day Surgery Unit

This leaflet gives advice to aid your recovery following your procedure on the Adult Day Surgery Unit (ADSU).

Types of surgery

- **Repair of hydrocele:** A hydrocele is a collection of fluid around the testicle. A small cut is made in the scrotum, the fluid is removed and the sac lining is then either stitched or removed.
- **Removal of epididymal cyst:** An epididymal cyst is a small fluid-filled sac on the epididymis of a testicle (a tube in the testicle where sperm are stored). It is removed by making a small cut in the scrotum through which the cyst is removed, and the wound is then stitched.
- **Ligation of varicocele:** A varicocele is an enlarged group of veins in the scrotum. This is repaired by making a small cut in your groin through which all the veins except one are divided and tied off.

After the operation

- You will have a dry pad / dressing over the wound to absorb any discharge.
- You can take a bath / shower 24 hours after the procedure, to help heal the wound. You may then leave the wound uncovered to speed up the healing process.
- You have dissolvable stitches, which may take from four to six weeks to dissolve.
- It is normal to experience moderate bruising and swelling from the operation, which will be uncomfortable. To help reduce this, it is important that when you leave hospital, you:
 - Rest quietly for three days.
 - Wear supportive underwear (day and night) for one to two weeks. Do not wear loose fitting underwear such as boxer shorts.

- It is normal to experience some pain and discomfort following your operation and whilst the wound is healing. You should take regular painkillers to relieve this.
- If there is extreme redness, swelling or discharge, please contact your GP.
- It is advisable to stay off work for ____ weeks following the operation. You may need to refrain from work for longer than this, depending on the healing process and your type of work. Please make an appointment with your GP if this needs to be reviewed.
- Please refrain from driving for three to five days after your operation. Please check with your motor insurance company prior to resuming driving.
- Do not take part in any sporting activities for six to eight weeks. This may be longer for contact sports.
- You may resume your normal sexual activity when your wound is healed and you feel comfortable.

If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622.

Opening hours are 7.30am to 10.00pm Monday-Friday. If you need help/advice outside these hours, please telephone Hopkins Ward on 0118 322 7771.

Please note that this should be for emergencies only.

After 24 hours, please seek advice from your GP or call 111.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

ADSU, January 2025

Next review due: January 2027