



## Epididymal Cyst

### What is an epididymal cyst?

Epididymal cyst(s) are a painless, non-cancerous (benign), fluid-filled cyst in the long, tightly coiled tube that lies above and behind each testicle (epididymis). It feels like a smooth, firm pea sized lump in the scrotum on top of the testicle. Epididymal cysts do not interfere with reproduction.

### What causes epididymal cysts?

The cause of epididymal cysts is often unknown.

### Symptoms of an epididymal cyst.

Most often epididymal cyst(s) **do not** cause pain or discomfort. Your son may notice or feel a smooth pea size bump on top of the testicle during self-exams. Symptoms, if present, may include:

- Tenderness or swelling in the scrotum
- Redness of the scrotum
- Discomfort with activities



**NORMAL TESTES**



**EPIDIDYMAL CYST**

### How is it diagnosed?

Self-testicular exam and physical exam by a medical provider. A scrotal ultrasound may be recommended to rule out other conditions.



### **How are epididymal cysts treated?**

Most epididymal cysts do not need treatment. If the cyst increases in size or causes pain, surgery may be recommended. Your child's provider will decide the best treatment option for your son.

### **What happens during surgery?**

Your son will receive a general anesthetic to help him sleep and not feel pain during the surgery. A local block (numbing medicine around the surgical area) will be given. A small incision is made in the scrotum and the cyst(s) are removed.

### **Will my child be in pain?**

Most children do well with the surgery. If your child is in pain, a pain medicine can help. You may alternate Acetaminophen (Tylenol® or another brand) and Ibuprofen (Advil® or Motrin®). Do not give aspirin because it may cause bleeding.

### **What can I expect after the surgery?**

Before your child is discharged you will be given written information about their care at home and any questions you have will be answered.

- **Diet:** Resume regular diet as tolerated
- **Activity:** Your child may return to school or daycare when pain is well controlled. Avoid straddling activities, contact sports and swimming for 14 days.
- **Wound care:** Expect swelling, bruising and redness of the scrotum and groin. Minor bleeding or spotting at incisions is not unusual. Your surgeon will explain any dressing cares.
- **Bathing:** It is ok to take a bath 24 hours after procedure. Bathe (5-10 minutes) in plain water for the next 7 days. A daily warm bath will help the healing and provide comfort.
- **Medicines:** You may alternate Acetaminophen (Tylenol® or another brand) and Ibuprofen (such as Advil® or Motrin®). Do not give aspirin because it may cause bleeding.

### **What to call the surgeon for:**

- Fever with redness or drainage at surgical site
- Significant swelling, bruising, or bleeding at surgical area
- If the wound starts separating

Call your primary care doctor for any other concerns.

**Follow-up care:** Follow-up with your child's surgeon as directed following the surgery. Call your surgeon's office to schedule an appointment.

**Questions?** This information is not specific to your child but provides general information. If you have any concerns, please call us at 612-813-8000.