



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, 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.



Testicular Self-Exam

Doing a self-testicular exam is part of taking good care of your health. Fine motor skills, fingertip sensation and good thinking/reasoning skills are needed. If you feel you struggle with any of these skills, your caregiver should help you with the exam.

1. Testicular exams should be performed once a month.
2. After a warm shower or bath is the best time to check your testes. Heat helps your scrotum relax and makes it easier to feel the testicles.
3. Hold each testicle between your thumb and fingers gently feel the top, bottom, front and back for any new bumps, hard spots, or anything new. You should feel the epididymis (feels like a tube) along the top and back of each testicle; this is normal.
4. Repeat on the other side.
5. Lastly, put the two testicles side-by-side and inspect them. They should be identical in size and shape.

Call your **primary health care provider** if you notice any of the following:

1. Hard lump
2. One testicle feels bigger than the other
3. Testicles feel different or heavy
4. Pain or swelling in scrotum
5. Dull ache in your groin or lower abdomen