

About Your Surgery

Spermatocectomy

This handout explains how to prepare and what to expect after having spermatocectomy surgery.

What is a spermatocele?

A *spermatocele* is a cyst that forms in the *epididymis*, the tube-like organ that sits behind the testicle. The epididymis is where sperm mature, so spermatoceles usually contain sperm.

How are spermatoceles treated?

Spermatoceles are treated with surgery called *spermatocectomy*. It is a minimally invasive surgery, which means only very small incisions are made. To be effective, the entire cyst must be removed.

In a spermatocectomy, the cyst is separated from the normal structures around it. The cyst is then removed.

Spermatocectomy is very effective and can be done in less than 1 hour. Your surgery may be done using:

- *General anesthesia*, which will make you sleep through the procedure.
- *Local anesthetic*, which numbs only the testicles and scrotum. If local anesthetic is used, you will be awake for your surgery.

How to Prepare

- Do **not** eat or drink anything after midnight the night before your surgery.
- If you have medicines that you must take in the morning before your surgery, take them with **only** a small sip of water.



The Men's Health Center is at 4245 Roosevelt Way N.E., on the 3rd floor.

For 24 Hours After Your Surgery

Precautions

If you received general anesthesia, do **not**:

- Drive.
- Use machinery.
- Eat any heavy or large meals. A heavy meal may be hard to digest. Also avoid spicy and greasy foods.
- Drink alcohol.
- Make important decisions. The anesthesia you received can make it hard to think clearly. It can take up to 24 hours to wear off.

Self-care

- Rest. This will help reduce swelling.
- Apply cold packs (such as a bag of frozen peas) to your groin area to help reduce swelling:
 - Cover the area with a towel first – do **not** place the cold pack directly on your skin.
 - Leave the cold pack on for 20 minutes and then off for 20 minutes. Keep doing this for the first 24 hours after your procedure. Keep the area cool, **NOT** cold.
- Wear loose and comfortable clothing.
- Keep the incision area clean and dry.

What to Expect After Surgery

You may have discomfort after your surgery. These common symptoms do not require a doctor's attention:

- Your incision and surgery area will be covered with dressings (bandages).
- We will ask you to wear an athletic support for 1 full week after surgery.
- You may have some bruising and mild bleeding from the incision site. This is normal.
- Your incision is closed with a stitch under your skin. This stitch does not need to be removed. It will dissolve on its own after about 2 to 3 weeks.
- Your incision is also sealed with glue that protects it from water. You may shower 24 hours after your surgery. See "Day After Surgery" on page 3.

- If you received general anesthesia, you may have a sore throat, nausea, constipation, or body aches. These symptoms should go away within 48 hours.

Fluids and Food

- Drink plenty of water so that you stay hydrated.
- When you get hungry, start with clear liquids or something light.
- Resume eating your normal foods as you are able to handle them.

Pain Medicine

- For moderate pain, take the pain medicine your doctor prescribed. Many doctors prescribe Vicodin, which contains acetaminophen and a prescription pain reliever. If you are taking Vicodin, always take it with food in your stomach so that you do not get nauseated.
- Do **not** drive while you are taking narcotic pain medicine.
- For mild discomfort, take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin).
- **Do not take acetaminophen while you are taking Vicodin.** If you are given pain medicine other than Vicodin, ask your doctor or nurse if it is safe to take acetaminophen while you are taking your prescription pain medicine.

Day After Surgery

- Your pain and swelling may be worse today than yesterday. Keep using cold packs until 24 hours after your surgery.
- Expect a small amount of bloody discharge from your incisions.
- You may have bruising around your incision site, scrotum, and on your penis. This is normal.
- Call the Men's Health Center at 206-598-4294 to make a follow-up appointment in 7 to 10 days. At this visit, your doctor will talk with you about the results of your surgery.
- Remove **all** dressings (bandages) from inside the athletic support 24 hours after your surgery.
- Keep wearing the athletic support for 1 full week.
- You can shower after you remove the dressings. Make sure to dry the incision area gently but completely.

After the 2nd Day

- You may resume normal, **light** activity 48 hours after your surgery, or when you feel better. Let your body be your guide. If something you are doing is causing discomfort, slow down or stop and rest.
- You may resume more vigorous activities such as jogging or weight lifting in 1 week.
- Avoid all sexual activity, including masturbation, for 1 week.
- You may return to work when you feel comfortable enough to do so.

When to Call the Clinic

Complications after this procedure are rare. Call the Men's Health Center at 206-598-6358 during business hours, or go to the Emergency Room after hours if you have:

- Severe bruising (black and blue skin), especially if you also have throbbing pain, or the area around your scrotum is bulging. This could mean that you have a *hematoma* (bleeding under the skin). A hematoma may need to be drained.
- Fever higher than 101°F (38.3°C) and shaking and/or chills, especially if your incision area is also warm, swollen, red, and painful, with pus draining from the site. This could mean that you have an infection. You may need to take antibiotics.
- Any other symptoms that you are concerned about.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Men's Health Center:
206-598-6358

Weekdays from 8 a.m. to
5 p.m.

After hours and on weekends
or holidays, call this same
number or go to the
Emergency Room.

Find more information at:
<http://depts.washington.edu/uroweb>