



Patient Instructions

Spermatocectomy

A spermatocectomy is a surgical procedure performed to separate the epididymis from a spermatocele. A spermatocele is a sperm-filled cyst in the long, tightly coiled tube that lies above and behind each testicle (epididymis). It feels like a smooth, firm lump in the scrotum on top of the testicle.

After your surgery, your physical activity should be restricted for the first 48 hours. You should avoid heavy lifting any heavy objects (anything greater than 15 pounds) during the first 7-10 days following surgery. If you work, ask your doctor specifically about any restrictions.

You will have stitches in your scrotum and you may have a drain in the scrotum as well. Your incision will be covered with a dressing and a support strap will be on to apply pressure on the area and to help control swelling and bleeding. Please remove the support strap and dressing to urinate and then replace the support strap and dressing after you are done urinating. You may shower the day following surgery, but avoid scrubbing the area of your incision. Please dry the area well after your shower. No tub baths until after the follow up appointment with your doctor.

You can expect mild testicular swelling, bruising or pain on the same side that the surgery was performed. This is quite typical, and may actually last 4 to 6 weeks following surgery. Your doctor will give you a prescription for a pain medication. Ice packs may help with swelling and pain. Please apply ice packs (on for 15 minutes and then off for 15 minutes). Please do not place ice directly to the skin.

Please call 249-3900 and ask to speak to your doctor's triage nurse if you have any problems or questions.