



Patient Information Leaflet: Scrotal Cyst Excision under Local Anaesthetic

What is a Scrotal Cyst Excision?

A **scrotal cyst excision** is a minor surgical procedure to remove a **cyst** (fluid-filled lump) from the scrotal skin. These cysts — often called **epidermoid or sebaceous cysts** — are benign (non-cancerous) and usually painless, but can become uncomfortable, enlarge over time or become infected.

The procedure is carried out under **local anaesthetic**, meaning you'll be awake but the area will be fully numbed.

Why Might I Need This Procedure?

Your consultant may recommend removing a scrotal cyst if:

- It is growing or bothersome
 - It causes discomfort or irritation
 - It becomes infected or inflamed
 - You would prefer it removed for cosmetic reasons
 - There is uncertainty about the diagnosis
-

What Does the Procedure Involve?

- The skin is cleaned and a local anaesthetic is injected to numb the area
 - A small incision is made over the cyst
 - The cyst and its lining are carefully removed to reduce the risk of recurrence
 - The area is closed with **dissolvable stitches**, if needed
 - A light dressing may be applied
 - The procedure typically takes **20–30 minutes** and you can go home the same day
-

Will It Hurt?

Scrotal Cyst Excision under Local Anaesthetic PIL
Created by S Hazar Version 1 Next Review Date: February 2029



You may feel a brief sting when the anaesthetic is injected, but the procedure itself should not be painful. After the anaesthetic wears off, mild discomfort, bruising or swelling is common. This usually settles within a few days and can be managed with paracetamol or ibuprofen.

Aftercare Advice

To help healing and reduce the risk of infection:

- **Keep the area clean and dry** for 48 hours
 - Wear **supportive underwear** to reduce movement and discomfort
 - Avoid strenuous activity, cycling or heavy lifting for **5–7 days**
 - Wash gently with warm water — avoid applying soap directly to the wound
 - **Avoid sexual activity** until the wound has fully healed
 - Stitches (if used) will dissolve on their own in 1–2 weeks
-

What to Expect During Recovery

- Mild swelling, bruising or tenderness is normal
 - You may notice a small amount of blood on the dressing — this should settle within 24 hours
 - A small scab may form as the area heals
 - Most people return to work or light activities within **1–2 days**
-

When to Seek Medical Advice

Contact us if you experience:

- Redness, increasing pain or swelling
- Yellow discharge or pus from the wound
- Bleeding that doesn't stop
- Fever or feeling generally unwell

These may be signs of infection and require medical review.



Will the Cyst Come Back?

If the entire cyst and its lining are removed, recurrence is unlikely. However, new cysts can occasionally form in the same area. If this happens, they can also be removed.

Questions or Concerns?

Our team is here to support you — before, during and after your procedure. If you have any questions or are unsure about anything, please don't hesitate to contact us.

 **The Forbury Clinic**
 0118 9207040