



Removal of lipoma and cysts (lumps and bumps)

Pre-Assessment Departments

www.ulh.nhs.uk

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk

What is a lipoma?

A lipoma is a build-up of fatty tissue that appears under the skin as a lump. They can vary in size and can appear in different places on the body. Other swellings are usually cysts (a round growth, just under the skin or deeper in the body, which contains liquid) or other harmless swellings.

Why do I need to have it removed?

Usually it has grown in size and your GP has advised you to have it removed. You may have found that the swelling has become uncomfortable.

Do I need to have surgery or is there any other sort of treatment available?

Surgery is really the only way we can remove your swelling and check the nature of it.

What are the benefits of having surgery?

The lump will be removed and a biopsy will be taken to investigate it. These lumps are usually harmless (benign).

Are there any risks involved in having the lipoma removed?

Complications are unusual but can occur. These include:

- Bleeding from the site of the operation.
- Wound infection.

Further Information

If you require further advice/information regarding the content of this leaflet please contact:

Pre Assessment Nurses 9.00am to 5.00pm

Pilgrim Hospital
01205 445714

Grantham Hospital
01476 464844 or 464840

Lincoln County Hospital
01522 573595

- At the time of surgery if the lipoma is bigger than first thought it may be necessary to insert a drain. This is a plastic tube which drains the area that has been operated on.
- Chest infection (this is more likely if you smoke).
- Blood clot formation in your legs or lungs.
- Numb patches can occur around the wound area which can last for up to 3 months.

Getting ready for your operation

You may be asked to attend a pre-assessment clinic where your medical history will be noted and your operation explained. Please make sure you understand your operation before signing your consent form. Any necessary tests e.g. blood tests will be carried out. Your current medications will be discussed with you and advice given as necessary. If you are not asked to attend a pre-assessment clinic the above tests will be carried out on your admission day.

What sort of anaesthetic will I have?

The operation is usually carried out under a general anaesthetic (you will be asleep). If your lipoma is small, a local anaesthetic could be used but this would usually be done by your GP.

What should I expect after my operation?

- You may feel sore around your operation site but you can request painkillers to ease this.
- You may have some stitches in your wound. The doctor or nurse will advise if they need to be removed or will dissolve before you go home.

- You may also have a dressing on your wound which you may need to change but instructions will be given before you go home.
- You will be able to eat and drink normally when you have woken from the anaesthetic.

How long will it take me to recover after the operation?

- You will usually go home on the day of your operation.
- Returning to work will depend on the size and location of your lipoma and what job you do. This will be discussed with you.
- Instructions will be given regarding follow up appointments.

You may need to contact your GP for advice if:

- Your wound 'leaks' excessively or develops an offensive odour.
- If your wound becomes very red and painful.

Are there any long lasting effects?

The results are generally good. It is unusual to have any long-term effects.

For 24 hours after your operation

DO NOT:

- Drive because legally you are not covered by your insurance or ride a bicycle.

- Drink alcohol or smoke.
- Travel by public transport.
- Make any important decisions or sign any documents.
- Go out unaccompanied.
- Operate any machinery, including domestic equipment.

ALSO:

- Beware of feeling dizzy.
- Take care with cookers, kettles, fires etc.
- You should not be going to work or looking after young children.
- Please arrange for your relative/friend to stay with you overnight/24 hours.