



Discharge information after

Excision of Skin Cyst/Lesion/lipoma

After care:

- Keep the dressing on for at least 48 hours.
- Try to keep the area clean and dry for the next week whilst the area heals.
- **Dissolvable stitches:** these will dissolve on their own over the coming weeks to months.
- **Non-dissolvable stitches:** These require removal at your GP practice in 7-10 days unless advised otherwise.
- **Glue:** This will start to come away in 5-10 days. It may start to flake away this is normal.
- If the surgeon decides to send your specimen off for testing, you should hear about your results with 6 weeks – ask your nurse if this applies to you.
 - If you have not heard after 6 weeks, please contact the ENT secretary for your surgeon at University Hospital of Wales via the switchboard – 02920 747 747.

Things to avoid:

- Removing the dressing for the first 48 hours.
- Immersing in water (e.g. bathing/swimming/jacuzzi) for 2 weeks whilst the wound heals.
- Using perfumed toiletries – pat the area clean with water – do not rub.

Contact your GP, 111 or the surgical hub if you have:

- A raised temperature.
- Swelling or redness over or around the wound.
- Discharge from the wound.
- You have a large amount of bleeding from the area.

Contact numbers

If you have any concerns you can contact:

Suite 9 ENT Outpatients (Monday to Friday 9am-5pm): **02921 843174**

Surgical Hub (Monday to Friday 7am- 7pm): **02921 826510 or 02921 826348**

