



Excision of Cyst/Lesion/Lipoma

After-care:

- You can remove your dressing after 48 hours, unless told otherwise.
- Try to keep the area clean and dry over the next week whilst the wound heals.
- If the surgeon decides to send your specimen off for testing, you should hear back about your results within 6 weeks – ask your nurse if this applies to you.
 - If a specimen has been sent off and you haven't heard back within 6 weeks contact your consultant's secretary through the hospital switchboard – 02920 747747.

Wound closure:

- **Dissolvable stitches:** these will dissolve over the coming weeks to months.
- **Non-dissolvable stitches:** these require removal at your GP practice in 7-10 days (unless otherwise stated)
- **Glue:** This typically comes away in 5-10 days – it may flake, this is normal.

Things to avoid:

- Removing the dressing in the first 48 hours.
- Having a bath/swimming/immersing in water for 2 weeks whilst the wound heals
 - You can have a shower after 48 hours, but don't leave a wet dressing on the wound.
- Using perfumed toiletries on the area – pat rather than rub the area clean with plain water.
- Excessive alcohol consumption for at least 2 weeks.

Contact the Surgical Hub, your GP or 111 if:

- Difficulties passing urine or opening your bowels after your anaesthetic.
- You have a raised temperature.
- You have significant swelling or redness over/around your wound.
- You have discharge from your wound.

Contact 111 or attend A&E if:

- You have a large amount of bleeding from the area.

Key Contact numbers

If you have any concerns, you can contact:

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

Surgical Same Day Emergency Care (sSDEC) at UHW: via switchboard –
02920 747747

Your GP

111 for out of hours GP services or A&E

