

Introduction

Common small lumps are sebaceous cyst, fibroma, lipoma, naevus and warts etc. They involve superficial skin, subcutaneous tissue and occasionally muscle. Therefore, excisions of these lumps are mostly performed under local anaesthesia.

The Operation / Procedure

The surgeon will cleanse the skin with antiseptic, inject local. Anaesthetic and excise the lump. The wound will be closed and covered with dressing or antibiotic ointment.

Preoperative Preparation

1. Admit 1 day before or on same day of this “elective” operation.
2. Anaesthetic assessment before operation. Inform your doctors about drug allergy, your regular medications or other medical conditions.
3. Keep fast for 6 to 8 hours before operation.
4. Empty bladder and change to operation clothes before transfer to operating room.
5. Pre-medication and intravenous line may be required.
6. Antibiotic prophylaxis may be required.

Postoperative Instruction

General

1. Mild throat discomfort or pain because of intubation.
2. Mild discomfort or pain over the operation site. Inform nurse or doctor if pain severe.
3. Nausea or vomiting are common; inform nurses if symptoms severe.
4. Inform nurses if more analgesics are required.
5. Can mobilize and get out of bed 6 hours after operation.
6. Usually go home on day 2 after the operation.

Wound care

1. Keep the dressing intact and keep the wound dry and clean.
2. Remove the dressing and take the bath as usual on the fifth day after the procedure.
3. No need to have stitches removed if absorbable stitches are used, otherwise attending General Out-patient Clinic for stitches removal as instructed.

Diet

1. Resume normal diet.
2. Resume to normal activities depending on the operative site. Early activities can relief pain.
3. Sick leave certificate will be given as necessary.

Common Risks and Complications (not all possible complications are listed)

Anesthesia related complications

1. Cardiovascular: myocardial infarction or ischaemia, stroke, deep vein thrombosis, pulmonary embolism, etc.
2. Respiratory: atelectasis, pneumonia, asthmatic attack, exacerbation of chronic obstructive airway disease.
3. Allergic reaction and shock.

Procedure related complications

1. Excessive bleeding.
2. Severe pain despite taking the pain killer.
3. Infection (redness, swelling and purulent discharge).
4. Fever (body temperature above 38°C or 100°F).

Things to take note on discharge

1. Contact your doctor or a nearby Accident & Emergency Department if you find the followings:
increasing pain or redness around the wound and discharge from the wound.
2. Take analgesics prescribed by your doctor if required.
3. Resume daily activity gradually.

Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor. Evangel Hospital reserves the right to amend this leaflet without prior notice. We welcome suggestions or enquiries on the information provided in this leaflet. Please contact our Healthcare professionals so that we could follow up and make improvement.

Reference

Tung Wah Hospital: “Excision of small lump”(2005)

<https://www21.ha.org.hk/smartpatient/SPW/MediaLibraries/SPW/SPWMedia/excision-of-small-lump.pdf?ext=.pdf> (25-07-2023)