

Procedure Information Sheet – Excision of Small Lump / Mass / Sebaceous Cyst

Hosp No. :	HKID No.:
Case No. :	
Name :	
DOB :	M / F
Adm Date :	
Contact No.:	

1. Introduction

- 1.1. Lumps and lesions can be located on the superficial skin, subcutaneous tissue or muscle. It can be lipomas, fibromas, sebaceous cysts, skin blemishes, naevus or warts.
- 1.2. Excision of lumps is to remove the lumps by cutting out using an incision.
- 1.3. It is done:
 - 1.3.1. To remove lumps that causes symptom (e.g. pain, increase in size).
 - 1.3.2. To examine the nature of the lumps.

2. Procedural Preparation

- 2.1. You will usually be admitted on the day of the operation.
- 2.2. Stop taking anti-coagulant that may increase the risk of bleeding according to doctors instruction, such as aspirin, warfarin and Plavix.
- 2.3. The reason of operation, procedure and possible complications will be explained by the doctor and consent form will be signed before procedure.
- 2.4. For general anesthesia:
 - 2.4.1. Pre-operative anesthetic assessment will be performed. The anesthetic management and its possible risks will be explained by the anesthetist with consent for anesthesia signed.
 - 2.4.2. No food or drink is allowed 6 to 8 hours before the operation.

3. Procedure

- 3.1. This operation is performed under Local Anesthesia or General Anesthesia.
- 3.2. The involved area will be disinfected by antiseptic solution.
- 3.3. Incision is made based on the position of the lumps.
- 3.4. The lump is removed by the doctor.
- 3.5. The wound is usually closed with stitches.

4. Recovery Phase

- 4.1. Your vital sign will be monitored.
- 4.2. Diet can be resumed if no contraindication.
- 4.3. Post-operational pain can be managed by pain killers given by the anesthetist. Inform nurses for alternative pain control if pain persisted.
- 4.4. Inform nurses if you experience excessive oozing over the wound, this may indicate hematoma formation.
- 4.5. The wound dressing will be kept intact after the operation.
- 4.6. Stitches will be removed around 7 days if indicated.

5. Possible Risks and Complications

- 5.1. Potential complications related to the operation include:
 - 5.1.1. Bleeding
 - 5.1.2. Infection
 - 5.1.3. Severe pain
 - 5.1.4. Scar

6. Discharge Education

- 6.1. Usually, you can discharge on the operation day.
- 6.2. If the procedure undergone general anesthesia, you are advised not to drive or signing any legal document on the operation day.
- 6.3. Seek medical attention if severe pain, tenderness, swelling of the wound, fever (body temperature above 37.8°C) or rigor occurs.
- 6.4. You may take analgesics as prescribed by your doctor if necessary.

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- 6.5. Keep your wound dressing clean and dry to minimize risk for infection.
- 6.6. You can resume normal activities depending on the site of the operation.
- 6.7. Follow up appointment should be attended as arranged.

7. Remark

- 7.1. The above mentioned procedural information is not exhaustive, other unforeseen complications may occur in special patient groups or different individual. Please contact your physician for further enquiry.

8. Reference

- 8.1. Surgcare. Excision of Lumps and Small Lesions.
- 8.2. Hospital Authority. Smart Patient Website.

I acknowledged the above information concerning the operation or procedure. I have also been given the opportunity to ask questions and received adequate explanations concerning the condition and treatment plan.

Patient/ Relative Signature: _____

Patient/ Relative Name: _____

Date: _____

