

## Useful Information

The Patient Advice and Liaison Service (PALS) is a free and confidential service that provides help, advice and information for patients, families and carers.

You can contact the PALS team via the following:

Telephone: 0151 430 1376

Email: [pals@sthk.nhs.uk](mailto:pals@sthk.nhs.uk)

PALS opening hours are: Monday to Friday 9am to 5pm  
(excluding bank holidays)

## Useful Websites

<https://www.nhs.uk>

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

 /sthknhs  @sthk.nhs  
[www.sthk.nhs.uk](http://www.sthk.nhs.uk)

# Lesions, Lipomas and Cysts

## Patient Information Leaflet

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

**Author:** Sister  
**Department:** Sanderson Suite  
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## Post Operative Information

**Lipomas** - are soft fatty lumps just under the skin and are not harmful. Lipomas are common.

**Lesions** - are changes in body tissue.

**Cysts** - A skin cyst is a fluid-filled lump just underneath the skin. It is common and harmless, and may disappear without treatment. Cysts can range in size from smaller than a pea to a few centimetres across.

**Skin Tags** - are outgrowths of skin. Skin tags are small, soft, skin-coloured growths on your skin.

- Your wound may become painful or tender when you return home.
- If you are in pain, you may take normal painkillers such as paracetamol. Do not exceed the stated dose.
- Ensure that you keep your wound clean and dry, unless you have been told otherwise. You will have been given spare dressings (if applicable).
- Your wound may appear to bleed following surgery. This can be quite normal as the blood supply returns to normal after an anaesthetic. If bleeding does occur, apply 10 minutes of firm continuous pressure with a clean handkerchief or gauze swab directly to the affected area. If bleeding continues, contact the hospital for advice using the contact numbers supplied.
- Your skin may appear white around the area that you have been operated on. This is due to the local anaesthetic and should return to normal in approximately 2 - 4 hours.

- You may have stitches/clips that will need removing by your local treatment room service. You will have been given a referral form for this with the telephone number to call. In addition to this you may wish to book an appointment for a wound check if needed.
- If you have dissolvable sutures in place, these will dissolve naturally in a few weeks. The time taken can vary.
- If you notice any redness, inflammation or heat on good tissue surrounding your wound, a yellow/green discharge, a sudden onset of pain which is unusual to how it has been or you feel that your general condition has deteriorated in any way, please do not hesitate to contact your GP/ Walk In/ Urgent Care Centre.
- Avoid any strenuous exercise/heavy work until your wound has healed. This may vary depending on the nature and size of your surgical work.

If you require a clinic appointment this will be sent to you via letter. If you do not receive this then please contact the switchboard on 0151 426 1600 and ask for your surgeons secretary.

## Useful Information

Your nursing team today were.....

Your surgeon is .....

**Sanderson Suite Tel: 01744 646089/646098**