



Excision of Soft Tissue Lesions (Lipomas or Sebaceous Cysts)

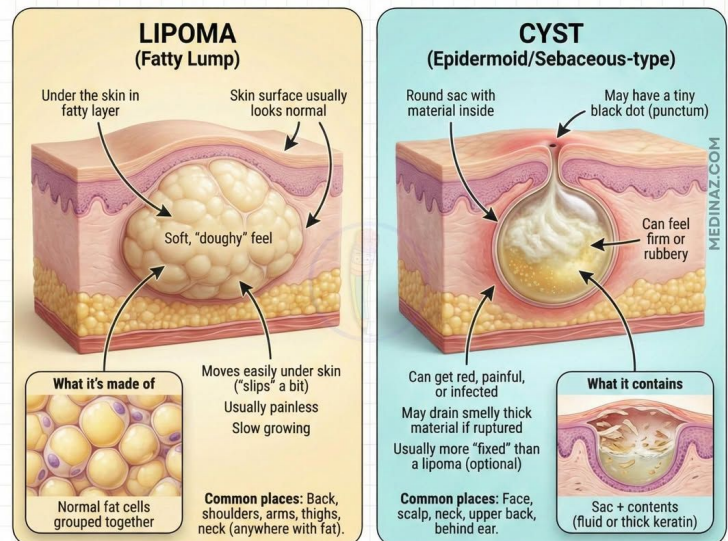
Understanding skin lesions

- **Lipomas:** Feel: Soft, rubbery, or squishy, and easily moves when you press it with your fingers.
- Location: Most often found on the back, shoulders, neck, arms, chest, and thighs.
- Pain: Usually painless, though it can cause discomfort if it presses on a nearby nerve or blood vessel.
- Size: Generally small (under 2 inches across), but can grow slowly over time

- **Sebaceous Cysts:** A closed sac or pouch under the skin surface.
- While commonly called "sebaceous cysts," medical terms include epidermoid or epidermal inclusion cysts filled with keratin (a protein) and skin debris rather than oil.
- Blockage: They happen when a skin gland or hair follicle duct is damaged, deformed, or blocked.
- A small, dome-shaped, round lump under the skin.
- Usually painless unless it becomes inflamed, swollen, or infected.
- May drain a thick, foul-smelling, yellowish material

LIPOMA vs CYST

Both can feel like a 'lump under skin' — exam + ultrasound can help confirm.



BOTTOM COMPARISON TABLE		
Feature	Lipoma	Cyst
What it is	Lump of fat cells	Sac with fluid/thick material
Feel	Soft, doughy	Firm/rubbery, sometimes tense
Mobility	Moves easily	May move less (attached to skin)
Skin changes	Skin looks normal	May have central dot; can get red/infected
Pain	Usually painless	Can become painful if inflamed/infected
Growth	Slow, steady	Can stay same, enlarge, or flare
Inside	Solid fat tissue	Fluid/keratin-filled cavity
Typical test	Exam ± ultrasound (solid fatty)	Exam ± ultrasound (fluid sac)
Treatment	Observe or remove if bothersome	Observe; remove capsule if recurrent/infected; drain if needed
When to check urgently	Rapid growth, hard/fixed, pain (unusual)	Fever, spreading redness, severe pain, rapid swelling

Before Your Surgery

- No food or drink after midnight unless otherwise instructed
- The following medications usually need to be held before the operation.
 - Anticoagulation (Aspirin, Brilinta, Eliquis, Coumadin, Plavix, Xarelto, ect). Discuss specifics with your surgeon and staff.
- Shower the night before or morning of surgery
- Wear loose-fitting clothing
- Arrange transportation home. Someone will need to stay with you the night of the operation.

After Your Surgery

- Walk frequently beginning the day of surgery
- Advance diet as tolerated; initially choose lighter meals
- Avoid vigorous exercise or activity for about 1 week.
- Keep incisions clean and dry.
 - You may shower the day after surgery
 - Do NOT soak the incision in water (pools, tubs, baths, ect) for 3 weeks
- Most patients return to desk work within several days and more strenuous activity in 1-2 weeks

Diet

- You have no dietary restrictions after the operation. Your appetite may take a day or two to return to normal
- Stay hydrated.

Normal After Surgery

- Mild shoulder discomfort from the gas used during surgery. Resolves after 48h
- Mild bloating that can last for 1-2 weeks
- Mild fever up to 100.5°F. Fever Greater than 101.5°F (38.6°C) should be reported to your surgeon.

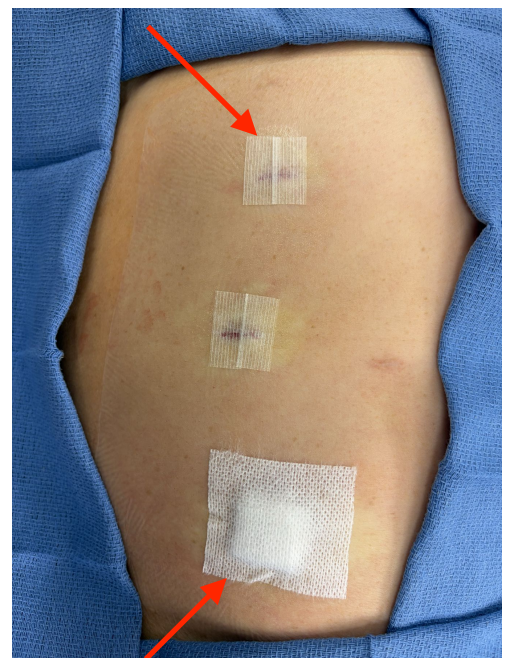
Incisions

- Bruising around the incisions is normal
- One incision hurts more than the other incisions, this is normal. This is the incision where the gallbladder is removed from the body and often is sutured closed at the muscle. This pain generally resolves by 6 weeks
- You will feel a bump under each of the incisions. This is scar tissue and will soften and flatten after 1-2 months

Bandages

- STERI-STRIPS:
 - The top layer of bandages can be removed after 24 hours. This is a large square of tape. Underneath this bandage are smaller bandages called stern-strips
 - Steri-strips will usually fall off after 10 days. If they have not fallen off after 14 days, peel them off yourself.
 - You can shower with stern-strips in place.
- DERMABOND
 - This is a thin layer of glue over the incision. It will flake off after 7-10 days but it can also require gentle removal with your fingernail after 14 days.

Steri-Strips



Top layer - bandage/gauze

Constipation

- Constipation is common after general anesthetic and during the use of pain medication.
- If you do not have a bowel movement within 48h after your operation, take laxatives
- Mirilax 17mg powder twice daily until constipation has resolved

Physical Restrictions

- Soft tissue excisions do not involve muscle, tendon or bone. Therefore, there is officially no physical recovery. Treat this like a cut to the skin. If a movement or activity causes pain, avoid it until the pain is gone.

Call JRK Surgical If You Experience

- Fever greater than 101.5°F (38.6°C)
- Increasing redness, swelling, or drainage from an incision
- Persistent nausea or vomiting
- Worsening abdominal pain

Seek Emergency Care Immediately For

- Chest pain
- Shortness of breath
- Heavy bleeding
- Loss of consciousness