

Post-operative instructions for excision of lipoma

After your lipoma(s) is(are) excised, you will be reviewed by me or one of my team members and discharged. This will usually be on the same day as the operation. Below are some post-operative notes, please familiarise yourself with them.

Diet:

No special restrictions. Everything in moderation.

Pain relief:

Regular Panadol and Nurofen are usually sufficient and can be taken regularly **and** together. No stronger pain relief is usually required.

Wound care:

The wound has been closed with a dissolving suture. In some cases, interrupted sutures that need to be removed will be placed (you will be told which type you have). The dressing will be waterproof, and you may remove the dressing in 5 to 7 days and leave the wound uncovered afterwards. Please do not get any water under the dressing in the first 2 days.

Drain:

If the lipoma was large enough, a drain may have been placed in the cavity. This is expected to drain small amounts of bloody fluid only. It will be removed by the community nurses once it drains less than 30mL for 2 consecutive days.

Activities:

Please move about as much as you can within the limits of your comfort. If you feel that any movements are pulling on the wound, then limit that movement for 2 weeks.

Expected healing process:

The wound will be approaching final appearance and strength after about 6 weeks but will continue to mature for about 12 months (fading and gaining more strength).

Return to work:

You can return to work as soon as you feel able.

Things you should tell your GP or me about:

- Severe pain that is not responding to the pain relief prescribed needs attention and should not be ignored.

- Increasing redness or discharge from the wounds may indicate a wound infection and may require antibiotics.
- Fevers or feeling sick after this procedure is unusual and you should contact your GP or me for attention immediately.
- If the wound has split open or bleeding significantly please contact my rooms or attend the emergency department.
- If the drains falls out or if it's not draining whilst the cavity is enlarging (suggesting the drain is blocked).

Follow up:

Your usual follow up with me will be around 4 weeks after the procedure and you will be provided with an appointment card at discharge or will be asked to make an appointment yourself (if you go home on the weekend, for example). It is important for you to keep your appointment as we can discuss your recovery, the histology results, and I can assess your healing and give you the all clear.

If you have sutures that need to be removed, you will be told this and given instructions for when and where the sutures are to come out.

All the best,

A handwritten signature in black ink, appearing to read 'Mark Romero', with a small horizontal line underneath.

Dr Mark Romero