



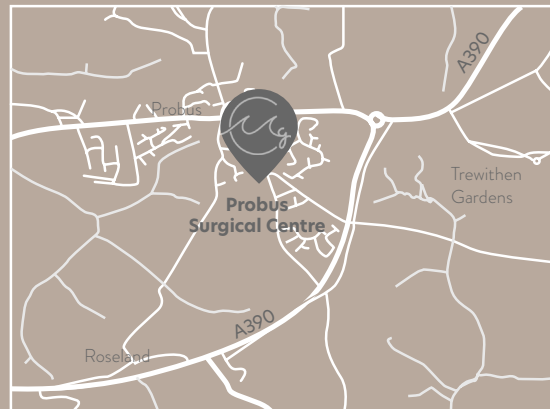
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Cornwall Medical Group is a sister company of Probus Surgical Centre; Company No. 13540921 registered in England & Wales. Registered Office: Probus Surgical Centre, Tregony Road, Probus, Truro, Cornwall, TR2 4JZ.

MINOR SURGICAL PROCEDURES **LIPOMA**



Cornwall Medical Group (CMG) is an organic progression of the hugely successful Probus Surgical Centre, renowned as the county's leading NHS and private surgical centre, providing specialised day case procedures in a primary healthcare setting since 1995.

At CMG, we are proud to offer state-of-the-art technology and facilities alongside expert practitioners.

We offer a range of services including:

- ✓ Specialist day case procedures including vasectomies, hernia repair, cataract surgery and adult circumcision
- ✓ Pain and Injury Clinic to treat conditions including osteoarthritis, knee, back and shoulder pain
- ✓ Medicated weight-management services
- ✓ Skin and Hair Rejuvenation including wrinkle relaxation, dermal fillers, skin boosters, results-driven facials and PRP Therapy.



CORNWALL MEDICAL GROUP

Cornwall Medical Group provides a high-quality private service for the removal of various lesions, including moles, cysts, lipomas, warts and skin tags that are not covered by the NHS.

The following patient information will guide you in the diagnosis and treatment of lipoma.



Should you need further information, please call the clinic on 01872 392087.

LIPOMA



Lipomas are soft, fatty lumps that grow under your skin. They are common, harmless and do not usually need any treatment. Ranging from the size of a pea to a few centimetres across, they are slow growing and usually not painful.

They feel like a soft and squishy lump under the skin and may move slightly under your skin if you press them.

DIAGNOSIS AND TREATMENT

The cause of lipomas isn't fully understood. They appear to be more common in the 40–60-year age group and tend to run in families, so genetic factors likely play a role in their development. Some research suggests that lipomas may develop in an area where an injury has caused a significant impact.

It is generally very straightforward to diagnose a lipoma with a simple physical examination. Rarely, your surgeon might recommend you see your GP for further tests if the lipoma has grown quickly to a large size, or has become very painful.

A lipoma isn't cancerous and is usually harmless. Treatment is

generally not necessary, but if the lipoma bothers you, you may want to have it removed. The procedure is not normally funded by the NHS.

Lipomas can be treated with steroid injections to shrink the lipoma, but it does not completely remove it. Liposuction may also be used, but these treatments are commonly less effective than surgical removal, which we offer at CMG.

Surgical removal of the lipoma will be done under a local anaesthetic. Once the skin is numb, an incision is made, and the lipoma is removed. Electrocautery is used to stop any bleeding vessels. The skin will be closed with sutures and aftercare will be discussed with you. Sutures can be removed by a nurse at your local Surgery, or we can arrange for them to be removed at CMG if you prefer.

Any lipoma removed is normally sent for histological confirmation.

AFTERCARE AND COMPLICATIONS

In general, there will be a dressing on the wound and the area will need to be kept clean and covered for 5 days. There is no need to change the dressing unless it is soiled, or the wound needs to be inspected.

Complications include wound infection (generally occurs from day 2 to day 7 post-surgery), where the area might become increasingly sore and red and you might see some yellow discharge along the wound. This may require a course of oral antibiotics. Please contact your Practice Nurse, or call CMG if you have any concerns.

Other complications may include a haematoma (a collection of blood where the lump was removed). This usually resolves on its own, without any intervention.

There is a small risk that the lipoma can grow again either in the same place or nearby.

Keloid scarring may also occur. This is abnormal healing where the resulting scar is large, dark and raised. They are more common in certain parts of the body like the ears, neck, shoulders, back and chest. People of African, Asian and Hispanic descent are more commonly affected. Keloid

scars are difficult to treat.

Aftercare and possible complications will be discussed in your initial consultation and again following the procedure.

Did you know?

CMG offers a range of treatments for skin and hair rejuvenation for conditions including rosacea, hyperpigmentation, acne, scarring, poor quality skin, hair or scalp and fine lines and wrinkles.



Visit [cornwallmedicalgroup.com](https://www.cornwallmedicalgroup.com) for more information.