



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.



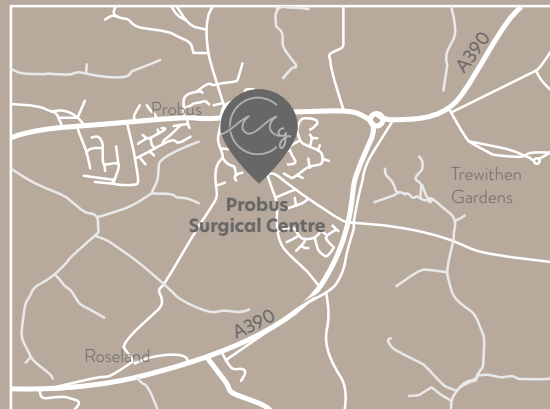
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Cornwall Medical Group is a sister company of Probus Surgical Centre; Company No. 13540921 registered in England & Wales. Registered Office: Probus Surgical Centre, Tregony Road, Probus, Truro, Cornwall, TR2 4JZ.

MINOR SURGICAL PROCEDURES **SKIN CYSTS**



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 skin cysts.



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

SKIN CYST



A skin cyst is a fluid-filled dome-shaped lump found just underneath the skin. It's common and harmless and may disappear without treatment. Skin cysts are not contagious.

Skin cysts can range in size from smaller than a pea to a few centimetres across. They are usually yellow or white, often with a small dark plug, through which you might be able to squeeze pus out.

They grow slowly and do not usually hurt, but can become tender, sore and red if infected. Foul-smelling pus coming out of the cyst is another sign of infection.

There are different kinds of skin cysts:

- Epidermoid cysts (one of the main types) are commonly found on the face, neck, chest, shoulders or skin around the genitals. They affect young and middle-aged adults and are particularly common in people with acne. They do not usually run in families.
- Cysts that form around hair follicles are known as pilar cysts. They're often found on the scalp. Pilar cysts

typically affect middle-aged adults, mostly women. Unlike epidermoid cysts, they run in families.

- A cyst that forms on the eyelid is called a chalazion or meibomian cyst.

Anyone can develop a skin cyst, but they are more common post-puberty, in people with a history of acne or through skin injury.

Some of the cells in the top layer of the skin produce keratin, a protein that gives skin its strength and flexibility. Normally, these cells move up to the surface of the skin as they start to die so they can be shed.

But the cells sometimes move deeper into the skin and multiply, forming a sac; they secrete keratin into the middle of the sac, which forms a thick, yellow paste. This can ooze out of the cyst if it's burst.

DIAGNOSIS AND TREATMENT

Cysts are usually harmless. Small cysts that are not causing any problems can be left alone. Holding a warm flannel against the skin will encourage the cyst to heal and reduce any inflammation.

Do not be tempted to burst the cyst. If it's infected, you risk spreading the infection, and it can grow back if the sac is left underneath the skin.

Diagnosis is easy and the cyst can be removed using a local anaesthetic to numb the skin. An incision is made in the skin and the cyst is squeezed out. The wound is usually closed with sutures, which require removal after some time.

Histology is usually recommended and you will be advised on this by your surgeon.

AFTERCARE AND COMPLICATIONS

In general, the area will need to be kept clean and dry for a few days. If dressed, kept covered for 5 days. There is no need to change the dressing unless it is soiled, or a wound inspection is needed.

We will advise you on the removal of any sutures, which can be done at your local GP surgery, or here at CMG if you would prefer.

This procedure will leave a scar. The cyst may also grow back, particularly if it was removed from the scalp or the scrotum.

Complications include infections where the wound becomes painful and red, with some pus visible along the wound. This usually happens from day 2 to day 7 post-procedure and may require a course of oral antibiotics.

It can be more difficult to remove a cyst that has been previously infected. The risks of complications such as infection, recurrence and poor wound healing are more common in these cases.

Keloid scarring is a possibility; this is abnormal healing where the resulting scar is large and raised and dark. 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 for more information.

