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Operation Information

Excision of Nodules or Small Lumps

Introduction

Nodules or small lumps are generally at the skin level or underneath the skin. Some examples are: sebaceous cyst, fibroma, lipoma, naevi, warts, etc. The operation can be done under local anaesthesia if they are small and superficial.

Although most of the small nodules are benign, malignancy could still be possible. Pathology examination of the nodule is advised.

Outcomes

The operation is a surgical intervention to remove visible or palpable nodules and small lumps of the body. It helps to confirm the diagnosis and improve cosmesis.

Procedures

1. The operation can be performed under local anaesthesia or general anaesthesia.
2. Excision will begin when the anaesthesia takes effect.
3. Wound is closed with sutures and a dressing is applied.

Possible Risks and Complications

1. Wound infection
2. Wound dehiscence
3. Wound bleeding

** The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

Pre-operative Preparations

1. Good hygiene can prevent surgical wound infection. Therefore, we advise you to clean up yourself on the day of the operation.
2. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
3. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia. Please inform the doctor if you are taking medications that affect blood coagulation such as Aspirin, Plavix, Warfarin, Xarelto or Pradaxa, nonsteroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen, Naproxen and Chinese medicine.
4. No food or drink six hours before the operation. (For general anaesthesia only)
5. Please change into a surgical gown after removing all belongings including undergarments, dentures, jewellery and contact lenses.
6. Please empty your bladder before the operation.

Post-operative Instructions

General

1. **After general anaesthesia, you may:**
 - experience discomfort in the throat after tracheal intubation.
 - experience side effects of anaesthesia including feeling tired, drowsy, nausea or vomiting. Inform the nurse if symptoms persist or worsen.
 - feel dizzy after general anaesthesia. Please call for nurse assistance when getting out of bed to prevent a fall accident.
2. Please inform the nurse(s) of wound pain. Analgesics may be given as prescribed by the doctor.

Wound Care

1. After the operation, the wound will be covered by a sterile dressing to prevent contamination.
2. You may take a shower after the operation but must ensure that the dressing is waterproof and remains clean and dry.
3. Removal of stitches is not necessary if absorbable sutures are used.
4. If removal of stitches is required, please attend as arranged.
5. Wear loose clothing to avoid pressure on the affected area.

Diet

A normal diet may be resumed as instructed after recovery from anaesthesia. (For general anaesthesia only)

Advice on Discharge

1. **Activities:**
 - You may resume normal activities subject to the healing condition of the affected area. Please consult the attending doctor for specific instructions.
 - Heavy lifting should be advised for the first 4 weeks post-operatively.
 - Subject to your job nature, doctor may grant appropriate sick leave as necessary.
2. Immediately consult your doctor or return to the hospital for professional attention in the event of severe wound pain and redness, pus or blood oozing, noted from the wound, shivering, high fever over 38°C or 100.4°F, or any other unusual symptoms etc.
3. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification

