Sebaceous Cyst

Sebaceous cysts are sometimes called epidermal cysts. They may be caused by an injury to the skin or an infected hair follicle. The cyst usually contains a "pasty" or "cheesy" looking substance which may have a bad smell. Sebaceous cysts are usually painless, slow-growing small bumps or lumps that move freely under the skin. It's important not to try and pop them, as this may cause an infection and lead to tenderness and swelling.

Signs or symptoms that may indicate infection of sebaceous cysts include:

- Redness.
- Tenderness.
- Increased temperature of the skin over the bumps or lumps.
- Grayish white, cheesy, foul smelling material draining from the bump or lump.

TREATMENT

- Sebaceous cysts often get better and disappear on their own.
- If sebaceous cysts become infected, they may need to be drained, which would require making a small incision into the cyst. Treatment with *antibiotics* (medications which kill germs) may also be necessary.
- Applying warm compresses to the cyst 2-3 times daily may help with discomfort and may also help the cyst drain.
- Small inflamed cysts can often be treated by injecting steroid medications
- Sometimes sebaceous cysts become large and bothersome. If this happens, surgical removal in your caregiver's office may be necessary.

Seek Medical Care If:

- You develop any signs of infection.
- Your condition is not improving, or is getting worse.
- You have any other questions or concerns.

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