Cyst Removal

Your caregiver has removed a cyst. A cyst is a sac containing a semi-solid material. They may occur any place on your body. Cysts may remain small for years or gradually get larger. A sebaceous cyst is a *dilated* (get larger) sweat gland filled with old *sebum* (sweat). Unattended, these may become large (the size of a softball) over several years time. These are often removed for *cosmetic* (improve appearance) reasons and/or before they become infected to form an abscess. An abscess is an infected cyst.

HOME CARE INSTRUCTIONS:

- Keep your bandage clean and dry. You may change your bandage after 24 hours. If your bandage sticks, use warm water to gently loosen it. Pat the area dry with a clean towel before putting on another bandage.
- If possible, keep the area where the cyst was removed raised to relieve soreness, swelling and promote healing.
- If you have stitches, keep them clean and dry.
- You may clean your stitches gently with a cotton swab dipped in a mixture of water and hydrogen peroxide in equal amounts, or warm soapy water.
- Do not soak the area where the cyst was removed or go swimming. You may shower.
- Do not overuse the area where your cyst was removed.
- Return in 7 days or as directed to have your stitches removed.
- Take medications as instructed by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

- An oral temperature above 102° F (38.9° C) develops, or as your caregiver suggests, which is not controlled by medication.
- Blood continues to soak through the bandage.
- You have increasing pain in the area where your cyst was removed.
- You have redness, swelling, pus, a bad smell, *inflammation* (soreness) or red streaks coming away from the stitches. **These are signs of infection.**

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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