

## 各類小瘤腫切除術

### 簡介

常見生長於皮膚下或肌肉中的瘤腫有：皮脂腺瘤，纖維瘤，脂肪瘤，痣，疣等。若其體積小及位置淺，可施行局部麻醉手術切除。

### 準備工作

需簽署手術同意書。

### 過程

首先，醫生用消毒藥水清洗手術區，然後在四周注射局部麻醉藥物，注射時有少許痛楚。麻醉後手術區沒有痛楚感應，手術便可進行。瘤腫切除後縫合傷口，最後蓋上敷料或塗上消炎藥膏。

### 護理和建議

- ◆ 手術後如無不適，可回家休息
- ◆ 需要時，可服用止痛藥
- ◆ 切勿隨意拆除敷料，需保持傷口清潔乾爽

- ◆ 要注意個人衛生。手術後五天，可除去敷料淋浴
- ◆ 若傷口採用自動溶解的縫線縫合，則無需拆線
- ◆ 若需拆線，請按時到就近的普通科門診拆線

### 飲食和活動

- ◆ 可如常飲食，無需戒口
- ◆ 可如常活動，因愈早活動可緩減痛楚
- ◆ 運動方面，要視乎傷口的位置而定
- ◆ 醫生會視乎病者的工作性質，給予適當的病假休息

### 覆診

- ◆ 請按時覆診
- ◆ 手術後翌日，中心職員會致電閣下跟進康復情況 (只限東華醫院)

### 併發症

如發現下列情況，需立即回院求診：

- ◆ 傷口大量出血
- ◆ 傷區嚴重疼痛，服用止痛藥無效
- ◆ 傷區紅腫，觸痛或有膿性滲液
- ◆ 發熱 (體溫38°C或100°F以上)
- ◆ 傷口爆裂

如對手術有任何疑問，請致電：

東華醫院: 2559 9399 (辦公時間)

9309 1329 (非辦公時間緊急求助)

瑪麗醫院: 請聯絡主診醫生

以上資料由東華醫院外科部提供。



## 各類小瘤腫切除術 EXCISION OF SMALL LUMP



良性痣



# EXCISION OF SMALL LUMP

## Introduction

The common small lumps are sebaceous cyst, fibroma, lipoma, naevus and warts etc. Their sizes are small and they involve superficial skin, subcutaneous tissue and occasionally muscle. Therefore, excisions of these lumps are mostly performed under local anaesthesia.

## Preparation

A written consent is required.

## Procedure

The surgeon will cleanse up the involved area with antiseptic solution. Anaesthetic agent will be injected around the lesion. This will cause some pain. After a while, the area involved will be anaesthetised and operation can be performed with no pain. Post-operatively the wound will be closed and covered up with dressing or antibiotic ointment.

## Care & Advice

- ◆ You can go home immediately if there is no discomfort after operation
- ◆ Take pain killers as prescribed
- ◆ Pay attention to personal hygiene
- ◆ Keep the dressing intact and keep the wound dry and clean
- ◆ Remove the dressing and take the bath as usual on the fifth day after the operation
- ◆ No need to have stitches removed if absorbable stitches are used, otherwise attending General Out-patient Clinic for stitches removal as instructed

## Diet and Activity

- ◆ Resume normal diet
- ◆ Resume to normal activities depending on the operative site. Early activities can relief pain

- ◆ Sick leave certificate will be given as necessary

## Follow up

- ◆ Follow up as scheduled
- ◆ On the first day after the operation, our staff will follow you up through telephone interview (Tung Wah Hospital only)

## Complications

If you have any of the followings, please return the Department of Accident & Emergency at once:

- ◆ Excessive bleeding
- ◆ Severe pain despite taking the pain killer
- ◆ Infection (redness, swelling and purulent discharge)
- ◆ Fever (body temperature above 38°C or 100°F)

- ◆ Wound disruption

Should you have any enquiry about the operation, please phone to:  
Tung Wah Hospital:  
2559 9399 (Office hour)  
9309 1329 (Non-office hour emergency)  
Queen Mary Hospital: Please consult your doctor-in-charge

Information provided by Department of Surgery, Tung Wah Hospital.