



Discharge Instructions for Cyst Removal

A cyst is a small collection of fluid under the skin. It will sometimes become infected and increase in size, become painful and possibly drain. A cyst can be removed (excised) because you don't like how it looks. Or it may be removed if it is painful or becomes infected (redness, pain and drainage).

Home care

The following guidelines will help you care for your wound:

- Keep the wound clean and dry. If a bandage was applied and it gets wet or dirty, replace it. Otherwise, leave it in place for the first 24 hours. Then change it once a day or as directed.
- If stitches (sutures) were used, clean the wound daily:
 1. After removing the bandage, wash the area with soap and water. Use a cotton swab to loosen and remove any blood or crust that forms.
 2. After cleaning, apply a thin layer of petroleum ointment. Or your health care provider may recommend an antibiotic ointment. This will keep the wound clean and make it easier to remove the stitches. Reapply the bandage.
 3. You may shower as usual after the first 24 hours. But don't soak the area in water (no baths or swimming) until the stitches are removed.
- If surgical tape closures were used, keep the area clean and dry. If the area gets wet, pat it dry with a towel. After the surgical tape closures have been removed, it is safe to go back to your normal activities.
- You may use over-the-counter pain medicine to control pain, unless other medicine was given.
Note: Talk with your provider before using these medicines if you have chronic liver or kidney disease, or ever had a stomach ulcer or GI (gastrointestinal) bleeding.

Follow-up care

Most skin wounds heal within 10 days. But an infection may sometimes occur despite proper treatment. Be sure to check the wound daily for signs of infection listed below. Stitches should be taken out within seven to 14 days. You may have surgical tape closures. If these have not fallen off within seven days, you can remove them yourself unless you are otherwise told.

When to seek medical advice

Call your health care provider right away if any of these occur:

- Pain in the wound gets worse
- Redness, swelling or pus coming from the wound
- Fever of 100.4 or higher, as directed by your provider
- Stitches come apart or fall out, or surgical tape falls off before five days
- The wound edges reopen
- Numb feeling that doesn't go away by the time the stitches are removed

