

# Patient information

## Lumps and bumps

Lumps and bumps can grow from different tissue within the body. These 'lumps or bumps' can be fibrous, fatty or sebaceous, which is a blocked hair follicle. Some people are more prone to developing them and can have several which need removing.

Any tissue which has been removed will be sent to the pathology department for examination and the results will be given to you at a later date.

## Following your surgery

- The operation site needs to be kept clean and dry. Please leave your dressing intact and follow the instructions written below. It is quite normal to notice some bruising around the operation site.

Stitches.....

.....

Steristrips.....

.....

- When can you bath / shower .....

- You may experience some mild to moderate pain, this can be relieved by taking painkillers. If on discharge you are given 3 – 5 days supply of painkillers, these may be taken as prescribed, otherwise paracetamol or similar pain relieving medication is appropriate.

Outpatient appointment .....

This will be sent to you.

Return to work .....

Special instructions.....

.....

.....

## Contact your GP or GP out-of-hours services if:

- You experience severe pain
- Your wound becomes red, hot and swollen as this may indicate an infection.

If you require any further advice please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the surgical ward F5 on 01284 713262 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or

NHS 111

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>*



© West Suffolk NHS Foundation Trust