

Patient information

Lumps and bumps in the groin area

Lumps and bumps in the groin area can grow from different tissue within the body. These lumps or bumps can be fibrous, fatty or sebaceous (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

Stitches

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- Skin glue will fall away in 7 – 10 days. Do not pick or rub it off but allow it to come away naturally.
- Steristrips will fall away in 7-10 days. If not you can gently remove them.
- The operation site needs to be kept clean and dry. Please leave your dressing intact and follow the instructions written below.

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- A small amount of swelling and bruising is normal; to help relieve this you may be asked to wear a scrotal support or fitted underwear for up to one week. A folded handkerchief placed inside the support will help with comfort; spare supports can be purchased from your local pharmacy.

- You may experience some 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.
- It is important to keep the wound clean and dry, after 24 hours daily baths or showers are recommended.
- You are advised to avoid contact sports and any sexual activity for one week.

Special instructions

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Outpatient appointment.....

Return to work.....

Contact your GP or GP out-of-hours service 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

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>



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