

MIKE FOSTER

Hand Wrist and Elbow

Removal of Lipoma Hand

Problem

- Swelling Soft Tissue lump

Cause

- A fat filled cyst, arising from the soft tissues.

Diagnosis

- The swelling is usually clearly seen
- X-rays are usually normal.
- MRI/Ultrasound can confirm the diagnosis as a fat filled cyst.

Treatment

Surgery – General Anaesthetic

- Transverse or longitudinal incision
- Excision of soft tissue mass
- Specimen sent to laboratory for histological analysis

Potential Complication

- Infection, Haematoma, numbness to back of hand
- Stiffness
- Small chance of reoccurrence – less than 5%.

Post Op

- Day surgery
- Supportive bandage for ten days
- Wound check and discuss histology at 10 days
- Back to most activities by two weeks