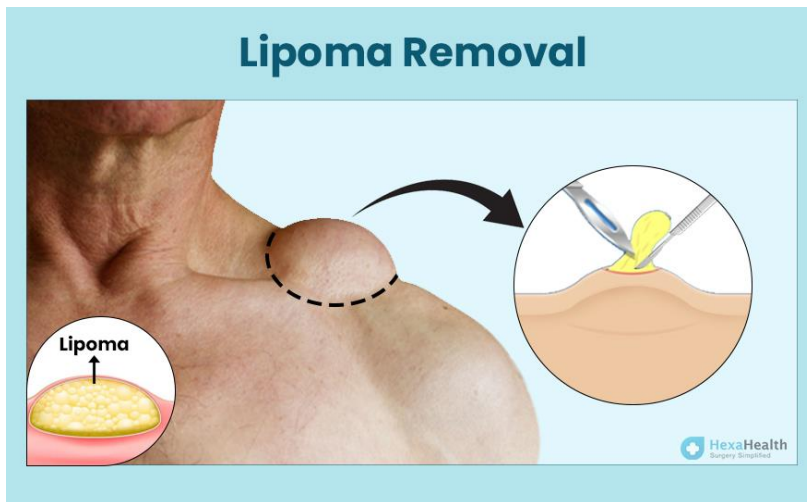


Lipoma Removal

What Is a Lipoma?

A **lipoma** is a **benign (non-cancerous) growth of fatty tissue** that forms a soft, rubbery lump under the skin. Lipomas are common and usually grow **slowly**.



Lipomas most often appear on:

- Arms and shoulders
- Back
- Chest
- Thighs
- Neck

They're typically:

- Soft and movable under the skin
- Painless (though they can become tender if they press on a nerve or are in an irritated area)

Why Do People Choose Lipoma Removal?

Lipoma removal may be recommended or requested if a lipoma:

- Is **growing**
 - Becomes **painful or tender**
 - Feels **firm**, fixed, or irregular (needs evaluation)
 - Limits movement or rubs on clothing
 - Causes cosmetic concerns
 - Needs confirmation of diagnosis
-

How We Confirm It's a Lipoma

Most lipomas can be diagnosed with a clinical exam. Sometimes, if a lump is:

- Deep
 - Large
 - Rapidly growing
 - Firm or fixed
- your clinician may recommend imaging (such as ultrasound) or referral before removal.
-

What Does Lipoma Removal Involve?

Lipoma removal is typically an **in-office procedure** using **local numbing medicine**.

In general:

1. The area is cleaned and numbed
2. A small incision is made
3. The lipoma is removed
4. The incision is closed with stitches
5. A bandage is applied

The goal is complete removal while minimizing scarring.

Pre-Op Instructions (Before Lipoma Removal)

1–2 weeks before

- Tell us if you take:
 - **Blood thinners** (warfarin, Eliquis, Xarelto, Plavix, etc.)
 - **Aspirin or NSAIDs** (ibuprofen, naproxen)
 - **⚠ Do not stop prescription blood thinners** unless your prescribing clinician instructs you.

- Tell us if you have:
 - A bleeding disorder
 - Diabetes or immune suppression (may affect healing)
 - Allergies to adhesives, antiseptics, or numbing medicine
 - A history of keloids or poor wound healing

One week before

- Stop drinking **alcohol** (due to blood thinning effect of alcohol)
- stop smoking
- stop fish oil supplement
- avoid optional aspirin and NSAIDS: **Ibuprofen** (Advil®, Motrin®), **Naproxen** (Aleve®), **Aspirin** (Bayer®), etc...

Day of procedure

- Eat normally (no fasting needed)
- Shower and arrive with clean skin
- Wear loose, comfortable clothing
- Avoid applying lotions or oils over the area

Post-Op Instructions (After Lipoma Removal)

What's normal

- Mild soreness and swelling
- Bruising around the incision
- A feeling of tightness with movement
- Minor drainage or spotting on the bandage (first day)

Wound care (general)

Follow your clinician's instructions, but typically:

- Keep the bandage on and dry for **24 hours**
- After 24 hours:
 1. Clean gently with soap and water
 2. Pat dry
 3. Apply ointment if instructed
 4. Cover with a clean bandage
- Avoid soaking (pools/hot tubs/baths) until cleared

Activity

- Avoid heavy lifting, stretching, or high-impact exercise that pulls on the incision for several days (longer for larger lipomas)
- If the lipoma was on the back/shoulder, limit movements that strain that area until stitches are removed

Stitches

- Some stitches dissolve; others need removal in clinic
- We will tell you when to return (timing depends on location)

Call the office if you notice

- Increasing redness, warmth, swelling, or worsening pain
 - Pus-like drainage, bad odor, or fever
 - Bleeding that doesn't stop after **10–15 minutes of firm pressure**
 - The incision opens
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Scar Care (After the Skin Has Fully Closed)

- Protect the scar from sun (helps prevent darkening)
 - Silicone gel or silicone sheets may be recommended
 - Avoid picking scabs or rubbing the area during healing
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Lipoma Removal FAQ

Is a lipoma cancer?

No—lipomas are benign. However, any lump that is rapidly growing, firm, fixed, or painful should be evaluated to confirm the diagnosis.

Will the lipoma come back after removal?

Most do not come back if fully removed. Rarely, a lipoma can recur, or a new one may form elsewhere.

Does lipoma removal hurt?

You may feel a brief pinch/burn from the numbing injection. After that, most people feel pressure but not sharp pain.

Will there be a scar?

Yes. Any incision leaves a scar, but we aim to keep it as small and well-placed as possible.

Do you send the tissue to the lab?

Often, yes—especially for larger or deeper lumps or when confirmation is recommended.

How long does the procedure take?

Many lipoma removals take **30–60 minutes**, depending on size and depth.

When can I shower or exercise again?

Showering is often allowed after 24 hours, but exercise restrictions depend on location and size. We'll provide personalized guidance.