

Cyst Removal Aftercare Instructions

CYST REMOVAL AFTERCARE INSTRUCTIONS

Thank you for choosing Cyst Removal to improve the appearance and health of your skin. Cyst removal is a common procedure where a cyst (a closed pocket of tissue that may be filled with fluid, pus, or other material) is surgically excised. Proper aftercare is crucial to support healing, prevent infection, and ensure the best possible results. Please follow these aftercare instructions carefully.

IMMEDIATELY AFTER SURGERY

Mild Redness, Swelling, and Bruising - It is normal to experience mild redness, swelling, and bruising around the incision site immediately after cyst removal. This should subside within a few hours to a few days. **Pain Management** - Mild discomfort or tenderness in the treated area is normal. Your provider may prescribe pain medication to help alleviate any discomfort. You can also take over-the-counter pain relievers like paracetamol. Avoid aspirin or ibuprofen, as they can increase bruising and swelling. **Apply Ice (if instructed)** - If your provider recommends it, apply a cold compress to the treated area for 10-15 minutes every hour during the first 24 hours. This will help reduce swelling and discomfort. **Mild Bleeding or Drainage** - You may notice some mild bleeding or fluid drainage from the incision site. This is normal, and the drainage should stop within a few hours. If bleeding continues or becomes heavy, contact your provider immediately.

FOR THE FIRST WEEK

Clean the Wound - Clean the wound gently with a mild, non-alcoholic cleanser and water. Avoid using harsh soaps or products that may irritate the area. Pat the area dry with a clean, soft towel. **Apply Antibiotic Ointment (if advised)** - If your provider has prescribed an antibiotic ointment for the incision site, apply it as directed to help prevent infection and promote healing. **Avoid Touching the Area** - Do not touch, rub, or pick at the treated area, as this can introduce bacteria and interfere with healing. Wash your hands thoroughly before and after caring for the wound. **Avoid Moisture** - Keep the incision site dry for the first 24-48 hours. After that, avoid soaking the wound in water, such as in hot tubs, pools, or during prolonged showers. **Wear Loose Clothing** - If the cyst was removed from an area that is prone to friction (e.g., underarms, groin, or back), wear loose-fitting clothing to avoid irritating the incision site. **Avoid Sun Exposure** - Protect the treated area from direct sun exposure for at least 2 weeks to prevent scarring and pigmentation changes. Apply a broad-spectrum sunscreen with SPF 30 or higher if you need to go outside.

FOR THE FIRST MONTH

No Strenuous Physical Activity - Avoid any strenuous physical activity, including exercise, heavy lifting, or activities that increase your heart rate or sweating for at least 2 weeks after surgery. Strenuous activity can interfere with the healing process and increase swelling in the treated area. **Monitor for Signs of Infection** - Watch for any signs of infection, such as increased redness, warmth, or discharge from the wound, or if you develop a fever. If any of these symptoms occur, contact your provider immediately. **Scab Care** - If a scab forms over the incision site, avoid picking at it, as this can increase the risk of scarring or infection. Let the scab fall off naturally. **Follow-Up Appointments** - Attend all follow-up appointments with your provider to ensure the wound is healing properly. Your provider will assess whether stitches need to be removed or if any further care is needed.

COMMON SIDE EFFECTS

Redness and Swelling - Redness and swelling are common and should subside within the first 1-2 days. Cold compresses can help reduce swelling during the first 24-48 hours. **Bruising** - Mild bruising may occur around the incision site, which should resolve within a week or two. **Tightness or Tenderness** - The treated area may feel sore or tight for a few days to weeks after the procedure. This is a normal part of the healing process. **Minor Scarring** - Scarring is a natural result of cyst removal, and the appearance of scars will vary depending on the location and size of the incision. Your provider may recommend scar treatments to help reduce scarring over time.

WHEN TO CONTACT US

Please contact your provider immediately if you experience: Severe pain, redness, or warmth in the treated area (signs of infection). Excessive swelling, bruising, or discomfort that doesn't improve. Unusual discharge, pus, or bleeding from the incision site. Any signs of an allergic reaction, such as itching, hives, or difficulty breathing. Any other symptoms that seem out of the ordinary or concerning.

LONG-TERM CARE

Scar Care - If you have any scarring from the cyst removal, follow your provider's instructions for scar care. This may include using silicone gel or sheets, massaging the scar, or applying scar-reducing ointments after the wound has healed. **Maintain Healthy Skin** - Continue with a gentle skincare routine to keep the skin healthy and hydrated. Use non-comedogenic skincare products to avoid clogged pores around the incision site. **Avoid Smoking** - Smoking can impair the healing process and may result in more visible scarring. It is advisable to refrain from smoking during the recovery period to support healing. **Monitor for Recurrence** - Although cyst removal is generally effective, in some cases, cysts may recur in the same or nearby areas. If you notice any lumps or growths, contact your provider for evaluation.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand

Confirmation *

- I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.