



## Checklist

# Lipomas and Atheromas

Dear Patient,

You have decided to have a removal of lipoma or atheroma. The treatment may be desired for cosmetic reasons or it may be necessary for medical reasons. In most cases, a histological examination of the removed tissue is recommended. For this reason, even benign tumors should always be removed surgically (not by laser or using similar treatments). A linear scar about the length of the lesion remains. If the scar heals well, it is barely visible after a few months. In rare cases, depending on the patient's predisposition, a broader or thicker scar may form.

The operation is performed under local anaesthesia as an outpatient procedure in the operating room at my practice. The total costs including all follow-up checks start at EUR 450,-

Please note the following details.

Should you have any questions, please do not hesitate to contact me at any time.

Univ.Doz.Dr. Greta Nehrer

### DURING THE PROCEDURE

- The treatment takes about 10 - 30 minutes to perform.
- You will experience only a mild burning sensation associated with the local anaesthetic.
- The suture is covered with an adhesive skin closure (Steri-Strip). You will also be given a waterproof adhesive dressing.

### AFTER THE PROCEDURE

- A mild burning pain around the surgical site is normal as the anaesthetic wears off.
- We recommend resting for at least 2 days after the procedure. You should avoid any exertions.
- You may shower with the waterproof adhesive dressing.
- A check-up is scheduled after 7-14 days (depending on the treated area) and the stitches are removed.
- Avoid heat (sauna) and physical activity for a period of 2 weeks.
- Treating the scar with an anti-scar cream is usually recommended.