



MINOR SURGERY/LUMPS AND BUMPS

What are lumps and bumps?

Eyelid and facial lumps and bumps (lesions) are common in patients referred to oculoplastic surgeons. Many lesions can be readily diagnosed on the basis of their characteristics and can include;

- A chalazion (a blocked up, inflamed meibomian gland). It begins to swell and may become infected.
- A sty (an infection of an eyelash follicle resembling a yellow-headed spot).
- Skin tags, cysts and Milia
- Pigmented and non-pigmented moles
- Raised skin blemishes

A number of other lesions can be readily diagnosed by clinical examination alone. It is important to distinguish malignant from benign lesions. Generally, the majority of malignant tumours affecting the eyelids and area surrounding the eye consist of slowly enlarging, destructive lesions. There are a number of subtle features that can help to differentiate malignant from benign eyelid tumours but it can be difficult to make the correct diagnosis of an eyelid lesion without a biopsy which can be quickly carried out at the clinic.

Why Face& Eye?

- Our specialised ophthalmic/oculoplastic surgeons' particular area of expertise is in operating on the delicate skin around the eyes.
- Our experts can also provide a comprehensive assessment of any underlying medical problems during your discussion of the available treatment options.

What happens at surgery?

Minor cosmetic surgery and surgery for lumps and bumps can be performed under local anaesthesia. "Twilight anaesthesia" which is local anaesthesia with intravenous sedation given by an anaesthetist, is also available.

For small lesions an excisional biopsy is carried out where the whole lesion is removed to help diagnosis and treatment.

For larger lesions an incisional biopsy is carried out where only a small piece of the lesion is removed to aid the diagnosis.

The problem is then treated on the basis of the histopathology report.



Chalazions and styes

Both of these can be treated with an antibiotic ointment, In most cases there is no special cause, and the chalazion or styel is a one-off.

Xanthelasmata is treated in a few minutes with an application of Trichloroacetic acid (Can be repeated 4-6 weeks later) or occasionally excised.

Skin tags, cysts and milia

Skin tags and milia are minor abnormalities which do not need to be sent to a pathologist for histopathological examination. They can be removed very simply with minimum scarring.

Pigmented and non-pigmented moles and raised skin blemishes

These lesions require a more formal plastic surgery excision and sent to a pathologist for histopathological examination.

Side Effects

Complications in the hands of a trained and experienced oculoplastic surgeon are very rare and all precautions are taken to minimise any risks. An oculoplastic surgeon undertakes blepharoplastic surgery routinely and is trained to prevent and manage any problems.

Any Minor Surgery

- The eye may be covered with a dressing which will help to keep bruising and swelling to the minimum,
- Take a simple analgesic if required e.g. paracetamol
- The site should be cleaned and ointment applied to the site as directed.

NOTE If you have undergone a biopsy the report will be sent to you and to your GP as soon as it has been received from the pathologist. Of the lesion is benign and there are no problems you will not need to return to the clinic for a check but in the event of any problems you should call the clinic an arrange a further appointment.