

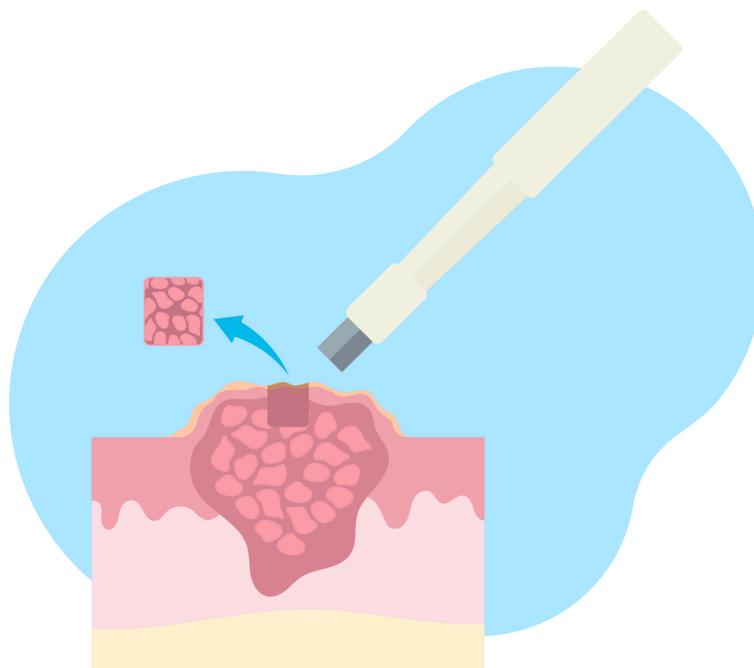
Direct Access Services - Excision of Skin Lump

About Direct Access Services

Direct Access Services is a programme by Woodlands Health (WH) that allows patients seeking medical attention at primary care facilities to have direct referral access to endoscopy, minor surgery, and advanced imaging, bypassing the need for a consultation with a specialist.

Why Am I Being Referred for this Procedure?

Based on your symptoms, your doctor has referred you for a minor procedure known as 'excision of skin lump'. Information about this procedure can be found on pages 3 and 4.



What to Expect

1

Before Procedure

- Your doctor submits a referral to WH.
- Your doctor briefs you on the estimated procedure cost.
- A WH staff will give you a call to arrange an appointment and provide financial counselling.



2

Procedure Day

- Arrive at the Specialist Clinic at Woodlands Health Campus, Medical Centre, Level 4.
- Register at the Patient Services Station.
- A doctor will conduct a screening check and seek your consent before the procedure.



3

After Procedure

- A WH staff will advise you on next steps including booking of a follow-up appointment (if needed) and payment.
- Please return home to rest.
- Depending on your results, you may be informed to follow up with your doctor or specialist.



About the Excision of Skin Lump Procedure

1. What is excision of skin lump?

Excision of skin lump refers to any minor procedure for skin or subdermal (i.e. beneath the skin or superficial) lesions, such as cysts, lipomas, warts or ganglions, depending on the part of the body. These are typically done under local anaesthesia in a minor procedure room.

2. Why do I need this procedure?

Skin lumps sometimes need to be removed if they are causing pain or discomfort, increase in size within a short period, there was a previous infection of a sebaceous cyst, and to exclude the possibility of cancer.

3. What are the preparations for the procedure?

This procedure is performed under local anaesthesia, hence fasting is not required. If you smoke, it is advisable to stop smoking 2 weeks prior to the procedure to reduce the risk of developing complications. You are also advised not to have a heavy meal within a few hours of the procedure.

4. How is the procedure performed?

The surgical area will be cleaned and draped. Local anaesthesia will be injected around the lump so that there will be no pain during the procedure. The surgeon will make a cut over the skin and underlying tissue, then carefully remove the lump. The skin will then be closed with sutures.

You will be given an appointment to return to the clinic to review the wound and histology result of the lump. If absorbable sutures are used, there is no need to remove the sutures.

5. What are the risks and complications of the procedure?

There are small risks of the procedure:

General complications of any surgery

These may include bleeding from the wound, infection of the surgical site, allergic reaction to medications, breakdown of the wound, or scar formation over the skin.

Specific complications after lump removal

These may include recurrence of the lump (this can occur for sebaceous cyst, lipoma or ganglion) or a second surgery if the lump is subsequently found to be malignant and a wider margin of resection is required.

6. What would I expect after the procedure?

You will be able to return home after the procedure. You may feel some pain over the wound site once the effect of local anaesthesia wears off, and you can take the pain-relief medications as prescribed by your doctor. You should avoid any strain over the wound area the next few days. Keep the wound dressing dry and clean.

7. What will happen if I do not undergo the procedure?

Your doctor has indicated that your lump requires excision. Failing to perform this test may delay the entire diagnostic process or result in misdiagnosis of a potentially serious medical problem.

Disclaimer:

This information sheet mentions some of the more common or important risks of surgery/ procedure. It does not and cannot cover every possible scenario or detail.

Day of Procedure

Arriving For Your Appointment

- On the day of your procedure, please arrive at:
Specialist Clinic, Medical Centre, Level 4
Woodlands Health Campus
17 Woodlands Drive 17
Singapore 737628



Directions to Woodlands Health Campus



Getting around Campus

- Please arrive 1 hour before your appointment time.
- If you do not receive your appointment details within 3 working days from the date of your clinic visit, please call 6363 8000.
- Please keep to your scheduled date. However, if you are unwell (i.e. fever, cough and flu), or wish to postpone/ cancel the procedure, please call 6363 8000 (Monday to Friday, 8.30am to 5.30pm or Saturday 8.30am to 12.30pm).

Preparation

- Do continue taking your chronic medications, if any, before and after the procedure.
- This procedure is performed under local anaesthesia, hence fasting is not mandatory.

Documents to Bring

Identification:

- Singapore NRIC
- Non-Singaporeans: Passport, entry permit, employment pass, work permit or other valid ID issued by the Singapore Ministry of Manpower

Medical benefit documents, if applicable:

- Civil Service card
- Insurance card
- Insurer's or employer's guarantee letter (if the bill is covered by your employer)
- Blood donor card
- Financial assistance card/ memo (e.g. PA, MediFund, SMTA, MFEC)
- SAF identity card (11B)

Others:

- Referral letter from your doctor

Consent

Your consent for the procedure will be obtained from you on the day of the procedure.

Personal Care

Please do not wear any of the following for the procedure:

- Contact lenses
- Make-up
- Jewellery
- Nail varnish



We also ask that you do not bring too much cash, and bring minimal personal belongings as the lockers provided are small.

Discharge Care

- Please arrange for an adult (21 years old and above) to accompany you home if possible.
- Do not drive or operate any vehicle upon discharge.

