

CYST

A cyst is a benign growth in the skin. Cysts may occur on any area of the body. Some patients have one cyst. Some patients have many cysts. Other terms that are sometimes used to describe a cyst are sebaceous cyst or wen.

A cyst is a benign growth. A cyst is a tiny sac just underneath the surface of the skin. You can think of a cyst as a tiny pea or tiny grape in the skin. Within the cyst is a white cheesy like material.

Although cysts are benign, they are sometimes removed because they become inflamed and/or infected. If a cyst is hit the wrong way and the cheesy material leaks under the skin, the body reacts to this by producing redness and swelling around the cyst. It is not a true infection but the inflammation underneath the skin, which produces the redness and discomfort.

In most cases cysts are not treated since they are benign growths. If a cyst has become inflamed and/or infected, it can be removed to prevent this from happening in the future. If your cyst is small and inflamed, it may require a drainage procedure in the office to relieve the swelling and discomfort. Another reason to remove a cyst is because it protrudes from the skin in an area, which is quite noticeable such as the eyelid or face.

Because a cyst is similar to a grape under the skin it is necessary to remove the grape completely to remove the cyst completely. This usually requires a minor surgical procedure with stitches. This can usually be arranged on a same-day basis with one of the other physicians in our group.

Occasionally small cysts can be removed easily with an office surgical procedure. A small cut is made into the cyst and the sac is removed through this opening. No stitches are required and a Band-Aid is placed over the area. Other types of surgical procedures may be required if a cyst is relatively large or in a particular location.

Some patients are prone to develop many cysts. Why this occurs is not known. In most cases these cysts can be left alone, but if an individual area needs to be treated this can be done. If you have any other questions about this type of growth, please ask me before you leave the office.