



Disclaimer: This leaflet provides general information and should not be used as a substitute for professional medical advice. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment.

What is a neck cyst?

A cyst is a small, round lump filled with a cheesy-like material. There are different types, but the common ones in the neck are epidermoid and pilar cysts (often called sebaceous cysts, though this isn't strictly correct). They are usually harmless and grow just beneath the skin surface.

Why might I need surgery for a neck cyst?

Most cysts don't need removing. We would consider surgery if the cyst:

- Is unsightly and bothers you.
- Gets infected repeatedly.
- Becomes painful or uncomfortable.
- Is easily irritated, especially when shaving or combing your hair.
- Grows very large.

What happens before surgery?

We will discuss the procedure in detail, including the risks and benefits. We'll examine the cyst and may arrange an ultrasound scan to confirm the diagnosis and assess its size and position. Please let us know about any medications you're taking and any allergies you have.

What happens during surgery?

The operation is usually done under local anaesthetic, so you'll be awake but the area will be numbed. A small cut is made over the cyst, and it's carefully removed. The wound is then stitched up. The whole procedure is fairly quick and you can normally go home the same day.

What happens after surgery?

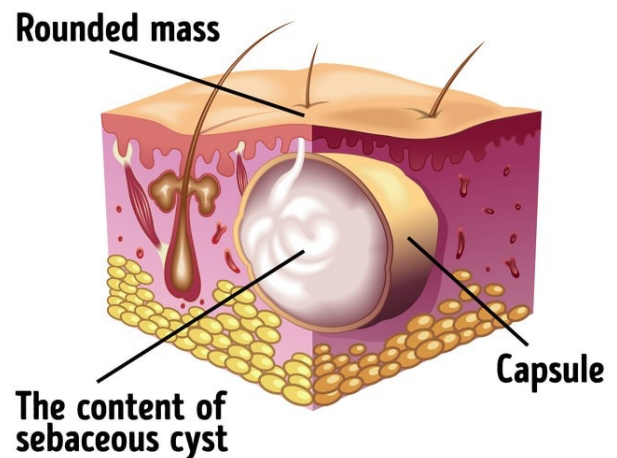
You'll have a small dressing over the wound. We'll give you advice on wound care, pain relief, and when you can shower. The stitches are usually dissolvable, but occasionally need removing after a week or two. There will be a small scar, which tends to fade over time.

What are the potential risks and complications?

Although complications are uncommon, there is a small risk of:

- Infection
- Bleeding
- Scarring (though we aim to minimise this)
- Numbness or altered sensation around the scar (usually temporary)
- Recurrence of the cyst

Sebaceous cyst



Long-term outlook

Once the cyst is removed, it's unlikely to come back in the same spot, especially if the entire cyst wall is removed. However, new cysts can develop in other areas.

Recovery and returning to normal activities

Most people recover quickly after this minor surgery. You should be able to return to light activities within a few days. Avoid strenuous exercise or heavy lifting for a couple of weeks, or as advised by your surgeon.

Living with a neck cyst (if you choose not to have surgery)

If your cyst isn't bothering you, you don't need to do anything. Monitor it for any changes, such as rapid growth, redness, pain, or discharge. If you notice any changes, please contact us for review.