**How I will Do It?**

**Excision of Lipoma**

Goal/s: Complete removal of lipoma with less scar

Materials: Lidocaine twist top # 3

                Blade 10 #1

               Vicry 4-0 cutting suture # 1

              Chromic 3-0 suture round # 1

              5 cc syringe # 1

Anesthesia: Local (Lidocaine)

Operative Technique:

1.      Plan skin excision if it is going to be elliptical or single longitudinal incision depending on the size.

2.      Clean the skin with povidone iodine (Betadine)

3.      Drape the area with sterile towels.

4.      Administer local anesthesia on incision site from the subcutaneous layer.

5.      The incisions are configured like a fusiform excision following the skin tension lines and are smaller than the underlying tumor.

6.      The central island of skin to be excised is grasped with a hemostat, or Allis clamp, which is used to provide traction for the removal of the tumor.

7.      Dissection is then performed beneath the subcutaneous fat to the tumor. Any tissue cutting is performed under direct visualization using scissors around the lipoma. Care must be taken to avoid nerves or blood vessels that may lie just beneath the tumor.

8.      Once a portion of lipoma has been dissected from the surrounding tissue, hemostats or clamps can be attached to the tumor to provide traction for removal of the remainder of the growth.

9.      Once it is freed, the lipoma is delivered as a whole. The surrounding tissue in the hole can be palpated to ensure complete removal of the tumor.

10.  Adequate hemostasis is achieved following the removal of the lipoma using hemostats or suture ligation.

11.  The dead space is closed beneath the skin using buried, interrupted 3-0 chromic sutures. Occasionally drains may have to be placed to prevent fluid accumulation, but this should be avoided if possible.

12.  The skin is then closed with interrupted 4-0 silk sutures or subcuticular using vicryl 4-0 cutting.

13.  A pressure dressing is placed to reduce the incidence of hematoma formation.

14.  The patient is given routine wound care instructions, and the wound is checked in two to seven days.

15.  The sutures are removed after seven to 21 days, depending on the body location.