



BASIC INFORMATION

DESCRIPTION

Benign, slow-growing tumors of fat cells. Lipomas grow under the skin (subcutaneous). They may involve the trunk, neck, back, upper thighs, or arms. They affect both sexes, and all ages, but are more common in adults. In a few cases, lipomas may grow in deeper body tissues or in the body's organs.

FREQUENT SIGNS AND SYMPTOMS

- Lumps are dome-shaped, and may be small or large.
- Lumps feel "doughy," smooth, and easily movable.
- One or many lipomas may occur on a person.
- Skin over the lump is normal in appearance.
- Most often, they cause no symptoms, such as itching or pain. However, a form of lipoma that contains blood vessels can cause pain.

CAUSES

Unknown, but the tendency is probably inherited. Minor injury may trigger their growth.

RISK INCREASES WITH

Family history of lipomas.

PREVENTIVE MEASURES

Cannot be prevented at present.

EXPECTED OUTCOMES

These lumps are benign and require no treatment. They may be removed if they cause symptoms, are large and/or unattractive, or for medical testing.

POSSIBLE COMPLICATIONS

For the majority of people, there are no complications. In rare cases, certain forms of lipomas may cause complications.



DIAGNOSIS & TREATMENT

GENERAL MEASURES

- Your health care provider can usually diagnose lipomas with an exam of the affected area. In a few cases, medical tests may be done to confirm the diagnosis or check for complications.
- No treatment is needed for lumps that are stable in size.
- Surgical removal (if recommended) is usually done in a medical office. Lipomas can be removed with small incisions or removed by liposuction. Instructions for home care after surgery will be provided.

MEDICATIONS

Drugs are not needed for this disorder.

ACTIVITY

No limits.

DIET

No special diet.



NOTIFY OUR OFFICE IF

- You or a family member is concerned about skin growths.
- The following occur after lipoma surgery:
 - Fever.
 - Bleeding that does not respond to moderate pressure.
 - Signs of infection (warmth, swelling or redness), at the surgical site.

Special notes:

More notes on the back of this page