

Sebaceous Cyst

What is it?



- **Sebaceous Cyst** – is a closed sac underneath the skin filled with a cheese-like or oily fatty white, semi-solid material; may return after it is surgically removed cysts are not dangerous; may be examined for skin cancer
 - **Mobile Masses**- that consist of fibrous tissues and fluids

Signs and Symptoms:

- **Symptoms**- small, non-painful lump beneath the skin; if infected may be red, tender or increased temperature of the skin over the area with a grayish-white, cheesy, foul-smelling material may drain from the cyst; cheesy or foot odor smell



Facts:

- **Causes**-most arise from a swollen hair follicle or skin trauma; a sac of cells is created into which a protein called keratin is secreted; excessive testosterone production will cause such cysts; caused by Dermatobia hominis (a parasite on cattle and deer and attacks humans); hereditary causes of sebaceous cysts include Gardner's syndrome and basal cell nevus syndrome
- **Usually**- found on face, neck or trunk, slow-growing, painless, freely movable lumps beneath the skin' may become inflamed and tender; have also been found on the vaginal area and genitalia and may result in genital herpes

What can I do?

- **See your Health Care Provider**- for more information; may require medical attention if continue to grow
 - **Small Inflamed Cyst**- may inject with a steroid medicine that reduces swelling or may be surgically removed if swollen, tender and large, procedure is done in the health care provider's office
 - **Treatment**- warm moist cloth or compress over the area to help the cyst drain and heal

