



A Patient's guide to

Benign Tumours of Soft Tissues



University College London Hospitals **NHS**
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Royal National Orthopaedic Hospital **NHS**
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Benign tumours are common. They can occur in males and females, at any age and can occur almost anywhere within the body. Patients with these types of tumours in the extremities of the body (limbs, neck and trunk) are referred to the London Sarcoma Service. Most of these tumours are easily diagnosed on routine imaging and sometimes diagnosis is clarified by performing a biopsy. After which they can be treated successfully by removing them with an operation or in some circumstances they can be monitored in clinic.

There are a number of different types of benign tumours of the soft tissues. These include:

- spindle cell lipoma
- pleomorphic lipoma
- angioliipoma
- hibernoma
- elastofibroma
- haemangioma
- intramuscular myxoma
- perineurioma
- schwannoma
- myopericytoma

There are many more types of benign tumours; do not worry if your tumour is not on this list, but if you are worried, please ask your doctor or nurse.

What does 'benign' mean?

When the pathologist looks down the microscope at the cells from the tumour they can say that they are 'benign'; this means they are NOT cancerous. It is very rare for a benign tumour to become malignant or cancerous.

Treatment and after care

Benign tumours can be treated successfully by surgical removal. The vast majority do not regrow after the surgeon has removed them but the chance of this is greater if the tumour is very large. However, in most cases even if it comes back it can still be cured by removal.

After your operation to remove the tumour you will be reviewed in the out-patient department; this may be by a doctor or a specialist nurse. Once the wound has healed you will be discharged from our care.

You may require physiotherapy as an out-patient depending on the size and location of the tumour that was removed. We will try and arrange this in the hospital or clinic closest to your home.

Self Care

It is possible, but unlikely for a benign tumour to regrow. Nevertheless, in order to notice early if your tumour is regrowing it is important that you become familiar with how the area from where your tumour was removed feels after the operation. Therefore it is important that you regularly feel this part of your body for any changes. If you become aware of a change you should notify your GP at the earliest opportunity and ask to be referred back to the Royal National Orthopaedic Hospital.

Self assessment means that you do not need to revisit the hospital for long-term follow up. However we are here if you need us in the future.

Re-referral

If you or your General Practitioner have any concern that a lump has returned in the area where you have had a previous benign tumour you should contact your GP urgently and ask to be referred back to The Sarcoma Unit at The Royal National Orthopaedic Hospital, Stanmore, HA7 4LP. Telephone 0208 909 5584 / 5600.

Your notes

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Your notes

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Your notes

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If you have any comments about this leaflet or would like it translated into another language/large print, please contact your clinical nurse specialist.

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In association with the UCL Institute of Orthopaedics and Musculoskeletal Science.

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15-88 © RNOH

Date of last review: May 2015

Date of next review: May 2017

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