

Dermatology Surgical Treatment Information

Introduction

You have been referred for a minor skin operation.

On the day;

- Please let us know if you take any blood thinning medication, have any allergies or a pacemaker. If you are taking Warfarin you may need to have an INR check the morning of the operation or the day before. Your Doctor may tell you to stop taking it for a short time. Please discuss this with your Doctor.
- You may eat and drink normally before the procedure.
- Your Doctor/Nurse will take your consent/confirm you still consent to this procedure.
- You will be given an injections with local anaesthetic to numb the area.
- The area of skin will be removed; this will probably require stitches to close it up.
- The dressing will be applied and you will need to keep this completely dry for 48 hours; you may therefore wish to shower/wash your hair etc. the morning of the operation.

Guidance for Patients

Things to be aware of;

- There is a risk of bleeding, bruising and infection with any operative procedure.
- You will be left with a scar; this may be bigger than the skin lesion being removed, potentially three times bigger, as we may need to take extra skin around it.

After the operation;

- You will be allowed home almost as soon as your procedure is over.
- Occasionally people find the local anaesthetic can make them feel a little light headed so we recommend you do not drive home if this is the case.
- If the procedure is near your eyes or ears you may not be able to put your glasses on afterwards due to the dressing.

My Planned Care Patient Information Platform

- Most procedures involve stitches. You will need to contact **your GP surgery** after the operation to arrange an appointment for non-dissolvable sutures to be taken out.
- Occasionally the surgeon may book an appointment to have stitches removed and the wound reviewed in the department, but they will tell you if this is the case.
- You will have to keep the area of the operation **dry for 48 hours**.
- Depending on the area you may need to avoid strenuous activity for a few days to allow the wound to heal.
- When the local anaesthetic wears off, the area of the procedure may be sore; you can take pain killers such as paracetamol for this.
- Most people are well enough to return to work afterwards but please discuss this with your surgeon if you have any queries.

Follow up;

You will either receive a letter with the results or an appointment to come back in and discuss the results with a Doctor or Nurse Specialist. The appointment may arrive by post or you may receive a telephone call. Please be aware that if an administrative member of staff rings you to arrange an appointment they are unable to give results over the phone. All questions will be addressed at the follow up appointment.

Good Mental Health

The NHS website link provides guidance on the important of good mental health and how you can do to improve your mental health. [Mental health - NHS \(www.nhs.uk\)](https://www.nhs.uk)

This may include talking therapies such as cognitive behavioural therapies (CBT) counselling, other therapies, and guided self-help

Contact Us

Dermatology: 01604 544055