

My Planned Care Patient Information Platform

Dermatology Skin Surgery– Waiting well

Introduction

We undertake surgery through our daycase treatment centre and same day surgery facility. All our surgery is under local anaesthetic, which means that you are just numb in a limited area and are not given a general anaesthetic. For most people the visit takes less than three hours and we encourage people to come with someone to take them home, or arrange some form of transport home after.

Your operation will usually be done at the Bristol Dermatology Centre. You may also be offered the operation at South Bristol Community Hospital, Weston General Hospital or sometimes elsewhere depending on where you live and availability. Wherever you have your operation, you will remain under the care of the consultant's team who saw you before.

Guidance for Patients

Whilst you are waiting for your appointment it is a good idea to keep track of your skin condition and report any rapid changes to your consultant or GP.

You will normally need to be available for sutures to be removed 7 to 14 days after your surgery (in other words, not abroad on holiday)

If you take any medicines that can thin the blood, or you have a pacemaker, let the doctor know as soon as possible. Please note: if you take Warfarin, you must have your INR checked 3-5 days before surgery. You may need a change of dose if your INR is higher than 2.5

The British Association Of Dermatologists (BAD) website has information booklets and videos available online via the following links. The information booklets will help you understand more about skin conditions and what can be done about them. Where possible they advise you on what you can do on a day to day basis to help with your skin condition:

www.bad.org.uk

Other good sources of information include

- www.skincancer.org

We know that lifestyle changes such as stopping smoking and eating well

can help. There is lots of information on eating well, exercise and lifestyle changes on the following link:

[Live Well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

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The contents of this information has been reviewed and approved by the Medicine Division Executive Group of University Hospitals Bristol and Weston NHS FT.

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What should I do if my health is deteriorating?

GP surgeries are still open

Please contact your GP surgery for advice if you feel your condition is deteriorating.

GP surgeries are still open but may be working differently to how they did before the COVID-19 pandemic. GP practices are utilising telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

GP surgeries can contact the Dermatology department for advice if needed.

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.