

Plastic Surgery – Excision of Skin Lesion



My Planned Care Patient Information Platform

Introduction

The COVID-19 pandemic has had a significant impact on the ability for the NHS to provide routine elective services. We recognise that patients are waiting longer than we would like and it is not always possible to identify when treatment will take place.

Our waiting lists have been clinically reviewed to ensure patients are seen in priority order and we continue to monitor these lists. This may mean you wait longer for your care, but we will be in touch as soon as possible with details of your appointment.

This document provides you with information on how you can support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Guidance for patients

Skin lesions are areas of abnormal cells grouped together somewhere on the surface of the skin. There are many different types of lesions: simple, benign growths which may be unsightly, infected, or get in the way of your clothes or spectacles etc. and other growths may be types of skin cancers.

Not all lesions need to be removed. Sometimes you will be given another appointment so that it can be kept under review. If the growth is causing a problem for you or your specialist thinks that the lesion might be cancerous, then it is better to have it removed. Once the lesion is removed it can be analysed under a microscope and an accurate diagnosis made. Your specialist will discuss the choices with you and agree the best treatment plan with you when you are seen in the clinic. It is very important that you let your specialist know if you are taking Aspirin, Warfarin, Clopidogrel or any other blood thinning medicine.

Skin lesions can be removed very successfully under a local anaesthetic - you stay awake throughout the procedure. The area around the lesion is made numb with an injection. Where possible the surgeon will plan to keep scarring to a minimum by following the natural crease lines of the skin. It is usually necessary to remove a small amount of normal skin surrounding the lesion in order to get a neat scar and ensure complete removal of the lesion. The scar may seem quite large compared with the size of the lesion, this is because the lesion might be larger underneath the skin and it is important to remove it all.

It is important that while you are waiting for your surgery you remain as active and as medically fit as possible. If you have any long-standing conditions you should get this reviewed at your doctor's surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment. Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker it would be advisable to seek support to help with stopping, advice can be found at your local pharmacy or doctor's surgery.

Further links which may help you manage your condition whilst you await treatment:

- <https://www.nhs.uk/conditions/>
- <https://www.patientaccess.com/> (connect to your GP services online)
- <https://www.nhs.uk/mental-health/self-help/>

What should I do if my health is deteriorating?

Red Flag Symptoms to look out for

If you experience any of the following whilst waiting for your treatment, please seek urgent advice.

- Bleeding
- Pus or fluid leaking out of the wound
- Redness
- Swelling
- Increased pain
- High temperature
- Generally feeling unwell

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.

GP surgeries are still open

If you experience an increase in pain, inability to weight bear on this limb or a significant reduction in mobility, you should in the first instance contact your GP for review and advice.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic

Contact Us

In some areas, we are experiencing a significant backlog following our response to the COVID-19 pandemic. We are doing everything we can to reduce this backlog, including putting on extra clinics and theatre lists and opening additional sites to offer these services. We have also increased the ways we can offer appointments including offering more video and telephone appointments (as well as face to face appointments where appropriate).

To change or cancel your appointment please call:

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For Luton & Dunstable Hospital – 01582 561385
Monday to Friday from 09.00am to 5pm.

For Bedford Hospital – 01234 792172
Monday to Friday from 09.00am to 5pm.

Alternatively, you can visit our website to request a change to your appointment here:-

Luton Site: <https://www.bedfordshirehospitals.nhs.uk/change-cancel-appointment/change-cancel-appointment-luton-and-dunstable-university-hospital/>

Bedford site: [Change / Cancel Your Appointment | Bedford Hospital \(bedfordshirehospitals.nhs.uk\)](#)

To change or cancel your surgery admission date, please telephone the contact number on your admission letter between 09:00 – 17:00 Monday to Friday.

For any other queries, please call or email your consultant's secretary. Their contact details will be on the most recent letter from your consultant.