

Information for Patients

Information For People Before They Come For Minor Skin (Dermatology) Surgery



Please read the following. This leaflet will tell you what to expect when you have minor skin surgery. Your appointment may not go ahead if the instructions are not followed.

Risks, Benefits and Alternatives

Risks

The Doctor will explain to you on the day any risks related with Skin Surgery.

Benefits and Alternatives

The Doctor or Specialist Nurse will have talked to you about different treatments and the benefits of surgery. It was agreed that surgery is the best treatment for you.

What should you expect when you come for Skin Surgery?

- There will be 1 doctor and 2 nursing staff in the Treatment Room.
- The doctor will talk to you about the surgery it's purpose and any risks. We will ask you to look at your consent form and sign it again to show that you agree to the surgery.
- The doctor and nurse will answer any questions about the surgery.
- After surgery, you will have a leaflet and advice your wound and how to take care of it. You will be told when you will get your test results and if more treatment is needed.

What we need to know about you

The doctor or nurse will ask you whether

- If you are allergic to any medicine, dressings or plasters?
- If you have a pacemaker, defibrillator or other electrical implanted device?
- If you are very afraid of injections or needles, or if you often faint?

- If you are on any medicine which stops your blood from clotting, such as:
- Warfarin
- Aspirin
- Clopidogrel
- Apixaban
- Rivoraxaban
- Dipyridamole
- Edoxaban
- Tinzaparin

(If you are unsure, please ring us to check 01743 261000 extension 3041).

If you are on Warfarin

If you are on warfarin we will ask you to have a blood test (INR) taken. Have your blood test 2 days before your surgery.

If you do not to have an INR blood test, we may cancel your appointment.

If you have been booked on a Monday or the Tuesday after a Bank Holiday weekend, please call 01743 261107 and ask for your appointment to be changed.

- If you need an interpreter, please call 01743 261107 to avoid your appointment being cancelled. Family members or friends cannot interpret for you.
- If someone has Power of attorney (POA) for your healthcare they will need to bring this to the appointment. Your appointment will be changed if we do not have the details.
- If you have any other areas on your skin that you are worried about please see your GP. We are unable to look at other skin problems during the surgery.

What to do if the area of my skin looks better?

- You should still come to your appointment as we will look at the area through a powerful microscope (dermatoscope).

How long does minor skin surgery take?

- The appointment will take between 30 and 60 minutes. We will let you know if there is a delay with your appointment time on the day.

Can someone come into the treatment room with me?

- A family member or friend may be able to sit in the room with you during the surgery. The family member or friend can come into the room after surgery so they can hear the aftercare instructions.

Driving

- If you are having surgery on your face or legs, do not drive after your appointment. We will tell you when you can start driving again.
- If the wound is around the eye, the area can swell.
- If surgery is on the leg, the area will be numb for a couple of hours. This means you might not be able to do an emergency stop and damage your wound. You should arrange transport home.

What is the anaesthetic like?

- An anaesthetic injection is given to numb the area. The anaesthetic is called lidocaine (lignocaine or xylocaine).
- The anaesthetic has a medicine called adrenaline. This helps lower the risk of bleeding. You may feel dizzy, wobbly for a few hours after surgery.
- The anaesthetic numbs the area within about 30 seconds. This numbness can last 2 to 3 hours.
- The anaesthetic injections are sometimes painful. The nurse will be there to support you.

- If the procedure is on the face, you may have swelling or facial droop for a short time. This usually gets better once the anaesthetic has worn off.

Numbing skin before injection in children

- People under the age of 18 and the parents of young children should be offered anaesthetic (EMLA) cream to numb a child's skin before injections. EMLA cream should be put on 1 to 2 hours before surgery.
- It should be put on skin to be injected, under a clear plaster.
- If a tube of EMLA cream and plaster are not given at the appointment when surgery is booked, the parent and child will need to come to Clinic 1 to 2 hours before their appointment time. Please ring 01743 261000 extension 3041 to let us know so we can get things ready.

What sorts of minor skin surgery are carried out?

Three main types of Minor Skin Surgery take place in the Dermatology Clinic. We will take a sample of skin tissue for testing.

1. Diagnostic Skin Biopsies:

- a. a 'punch' biopsy, using a small (4 to 6 mm) 'apple-corer' type knife, or
 - b. an 'incisional' biopsy, using a sharp knife (scalpel).
- one or more small samples may be taken.
 - These small wounds will usually need 1 or 2 stitches (sutures) to stop bleeding.
 - The stitches usually stay in for 7 to 10 days. They will need to be removed by the Practice Nurse at your GP Surgery.

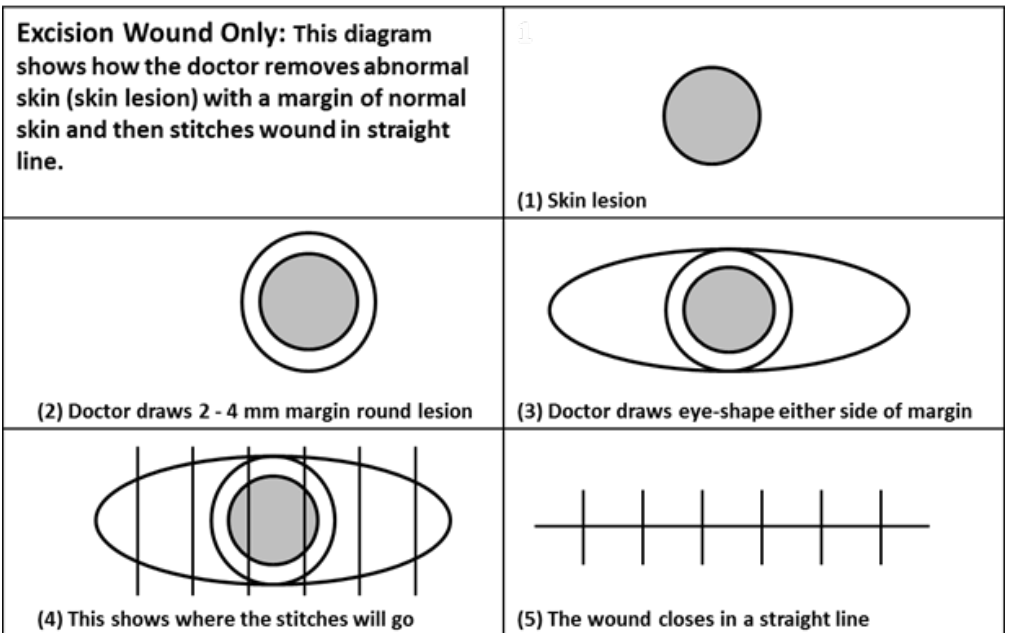
2. Curettage and Cautery (C&C):

- A small circular knife (curette) is used to scrape off an abnormal piece of skin (skin lesion)
- This tissue is sent to be tested.

- The scraped area is treated with heat to seal the wound (cautery).
- This may be done again underneath the area of skin that has been removed (Therapeutic C & C).
- A shallow burn will be left. This will take 2 to 3 weeks to heal.

3. Excision Biopsy:

- An area of abnormal skin (lesion) is taken using a knife (scalpel).
- A small piece of skin up to 4 mm around the area being treated is also taken away. This is to try and remove all abnormal cells.
- The section of skin is removed, but not the tissue under the skin.
- So that the edges of the wound can be stitched together in a straight line without causing puckering, the piece of skin removed will often be made eye-shaped (see diagram).
- This means that these wounds may be longer than people expect.



Surgery aftercare

- Stitches stay in between 7 and 14 days. You will need to make an appointment to have your stitches removed by the Practice Nurse at your GP Surgery.
- If we use dissolvable stitches, you will not need these removed. We will let you know during your surgery.
- If you have a holiday planned soon after your surgery, you may need to arrange healthcare to help you look after your wound.
- We will give you written information on how to look after your wound. We will also send you and your GP a copy of the surgery letter.

Contact details for more information:

- **Royal Shrewsbury Hospital Skin Team (Nurses)** can be contacted weekdays (excluding Bank holidays) on 01743 261000, extension 3041
- **Dermatology Secretaries:** 01743 261000, extension 1107
- **Dermatology Webpage:** <https://www.sath.nhs.uk/wards-services/azservices/dermatology/>

Further information is available from:



Feedback

We appreciate and encourage feedback which can be shared in a number of ways through the hospital website. Scan the QR code to give feedback. www.sath.nhs.uk/patients-visitors/patient-experience/feedback-hub/

Patient Advice and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS, is a confidential service.

Royal Shrewsbury Hospital, Tel: [0800 783 0057](tel:08007830057) or [01743 261691](tel:01743261691)

Princess Royal Hospital, Tel: [01952 282888](tel:01952282888)

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

111 (free from a landline or mobile) www.nhs.uk

Self Help & Support Groups

A selection of websites providing access to good quality health information, local organisations and community groups is available from the library. www.library.sath.nhs.uk/find/patients/

Information in Other Languages or Formats

If you require this information in a different way such as easy read, a different language, larger print, audio or braille please tell a member of staff or contact the Patient Experience Team;

sath.patientexperience@nhs.net or [01743 261000](tel:01743261000) ext. 2503.

Your information

Information about you and your healthcare is held by the NHS. You can find out more about how we hold your information and how it is used on our website: www.sath.nhs.uk

Website: www.sath.nhs.uk

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