

Please use the space below to make your own notes For example, if there is anything you wish to ask the team about your surgery.

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East Cheshire NHS Dermatology Service

Skin Surgery Pre-Operative Information

Information for Patients, Relatives and Carers

On the day of your surgery

- Eat as usual. There is no need to 'fast' for any period of time as your procedure will be carried out under local anesthetic. If you have diabetes, it is important to ensure you have had sufficient food.
- If you are taking warfarin, please arrange an INR blood test 1-2 days before your procedure. You will need to bring the result (in the yellow book) on the day of your surgery. Please be aware that if the result is too high or not available the Surgeon may postpone your appointment for safety reasons.
- Please do not stop taking your blood thinning medication
- Please bring along a list of your current medication.

Please inform the surgeon if:

- You are taking aspirin, **or any other** blood thinning medication.
- You have a pacemaker
- You have ever had a reaction to local anesthetic
- You have any allergies to medication, latex or dressings

Additional information

If you need this information in another language or format please contact the medical secretaries.

Tel 01625 264041

email: ECdermatologysecretaries@mcht.nhs.uk

Should you need to change your appointment, please contact the bookings team on

Tel 01625 264141

email: ECdermatologybookings@mcht.nhs.uk

Patient feedback and complaints

We welcome patient feedback, we would be grateful if you would fill in a patient questionnaire on the day of your procedure.

Further feedback should be addressed to the medical secretaries:

Tel 01625 264041

email: ECdermatologysecretaries@mcht.nhs.uk

How can I help the healing of my wound?

- Avoid aspirin (unless prescribed by your GP) and alcohol for at least 24 hours after the procedure as these make bleeding more likely.
- Avoid stretching the wound or immersing it in water after the operation. This may mean avoiding vigorous exercise, swimming or bathing sometimes for a week or two after the stitches are removed. The Surgeon will advise you further regarding activity at the time of your procedure.
- You can usually wet the wound in a shower after 24- 48 hours
- Do not leave a wet dressing on the wound.

Do I have to use the service?

No, not at all. Please speak to your GP if you would like to be referred to a different service (but please do let us know if you wish to cancel your appointment with us).

What you can expect from us?

We aim to offer a convenient, reliable, patient focused service. All appointments will be with fully trained, competent staff in a safe and clean environment. You can expect to be treated with dignity and respect, and not be discriminated against with regards to race, religious belief, gender, sexual orientation, disability, age, marital status, pregnancy and maternity, or gender reassignment.

Consent to Surgery

Before we can carry out skin surgery, we need to make sure that this is something you consent to. You will be asked to sign a consent form on the day of your surgery. If you change your mind even after signing the form, you are still entitled to withdraw consent

Risks of surgery:

- **Scarring** - All surgery leaves a scar. Those on the chest and upper arms in particular may become raised, lumpy or itchy, called hypertrophic or keloid scars. .
- **Swelling/bruising** - may occur particularly after procedures close to the eyes. This may take several days to settle.
- **Bleeding** - The wound may bleed or ooze after the operation. Applying simple pressure for approximately 20 minutes should be adequate to stop this. Some wounds may have pressure dressings applied to reduce this risk.
- **Infection** - if your wound is becoming very red, very sore or weeping after about 48 hours, it may have become infected. Initially see your GP or practice nurse to discuss whether antibiotics are required.
- **Nerve Damage** - nerves may be cut during the procedure which may leave the local area with numbness or tingling. Gradually this is likely to improve but it may be permanent. The surgeon will explain if there is a risk to any other nerves during the procedure.

The Procedure:

If you feel nervous about the procedure, you would be welcome to bring a relative or friend along for moral support

Did you know? Smoking worsens surgical outcomes and may delay the time your wound takes to heal. You should try to stop smoking two weeks before your procedure and for at least two weeks afterwards. If you would like support to stop smoking your GP Practice may be able to assist with this.

The procedure itself will usually last between 20 and 30 minutes. You may be aware of a sensation of pressure during the procedure, but you should not feel any pain, please inform the surgeon if you do.

The skin is sometimes marked with ink and then local anesthetic is injected around the site of the operation. This stings initially and then the skin goes numb.

Sometimes cautery is used to seal bleeding vessels. You may hear a buzzing sound and smell some burning. This is normal.

After the procedure some people may feel faint, nauseous or generally unwell. We suggest that you wait in the waiting room for 10-15 minutes after the end of your appointment to ensure you feel well before leaving.

What will Happen Afterwards:

The local anesthetic usually lasts for about two hours, after which simple painkillers such as Paracetamol can be taken for pain relief. Nonsteroidal anti-inflammatory (NSAIDs) such as ibuprofen, diclofenac should be avoided. Aspirin should not be used for pain relief unless your GP has prescribed this as a regular medication for you.

Following your surgery, the skin sample is sent away to the pathology lab to confirm the diagnosis. You will be informed of the result either by post or being invited back to clinic. This usually takes two to four weeks.

Please contact the Medical Secretaries if you have not been notified of your results by the end of six weeks.

Tel: 01625 264041

email: ECdermatologysecretaries@mcht.nhs.uk

Suture Removal

The surgeon will tell you when you need to arrange this appointment with your Practice Nurse or Healthcare Assistant; however this is usually within 5-14 days of your procedure. It is important that you are available for suture removal at your practice within the timeframe advised to you by your surgeon.