

## Information for patients regarding local anaesthetic skin surgery within the Ear, Nose and Throat (ENT) Department

Please read the following information carefully and contact us should you have any queries.

**Please keep this leaflet as it contains information for after your procedure.**

Our contact information is at the end of this letter and your appointment details are enclosed.

Following assessment of a skin lesion to your head or neck area, you have been allocated an appointment to have this lesion surgically removed. A skin lesion is a growth or patch of skin that does not resemble the skin surrounding it, which may or may not represent an abnormality (cancerous) change. Surgical removal means that we plan to remove this area by cutting it out, which means that you will have a scar in the area treated. The procedure is carried out with a local anaesthetic injection to numb the area, so you will be awake during the treatment.

### **Before your appointment**

- We will try to contact you by telephone a few days before the procedure to discuss any concerns. We cannot guarantee that we will be able to reach you, so should you have any concerns or queries please contact us.
- If your skin lesion has changed significantly since it was assessed (either grown or reduced) please contact us for re-assessment.
- We advise that you do not travel out of the country within a few weeks of your procedure, so should you have travel plans or the appointment enclosed is not convenient, please contact us.
- We advise that you do **NOT** drive yourself home after the procedure for your safety and comfort, so please try to arrange transportation.
- Dependent on your occupation and the procedure undertaken you **may** need to refrain from work until the area has healed. Please contact us if you need further information prior to your appointment.
- We advise that you refrain from strenuous exercise for at least one week following your procedure.

## Your medication/medical history

- Please take all medicines as you normally would (subject to advice below) and ensure you have had something to eat and drink prior to your appointment. Your procedure is carried out with an injection to numb the area, so there is no need to withhold food or fluids prior to the treatment.
- If you take any medication to thin your blood (for example warfarin, clopidogrel, apixaban, rivaroxaban) and we have **NOT** given you specific instruction to manage this, please contact us. If you take aspirin you may continue this medication.
- Please bring all of your medication (not just a list) to your appointment, along with a list of any allergies or sensitivities to any medication, dressings or latex.
- If you have a pacemaker, please bring your pacemaker card to your appointment.
- If you smoke we advise that you stop prior to your procedure to promote wound healing. If you would like help to stop smoking you can contact us or you can access assistance via your GP.

## Your appointment

- We expect you to be with us for up to half a day, but it could be as little as a couple of hours. Whilst we do not expect you to have to stay overnight it is very occasionally necessary for your safety, so please ensure you have made necessary arrangements. If you have personal commitments (such as being a carer) which may make attending hospital for half a day difficult please contact us so we can try to time your procedure to meet your needs.
- Please wear suitable loose clothing – a buttoned or zipped shirt is ideal, please avoid tight pullovers or anything difficult to pull over your head.
- We will normally cover your face with a sterile towel during the procedure. If you have claustrophobia please let us know on attendance so we can avoid covering your face.

## Risks regarding your procedure

- Any surgical procedure carries risks, and these should already have been discussed with you.
- In brief the risks include bleeding, infection, scarring, incomplete excision, recurrence, nerve damage, bruising, swelling and, if we need to move skin from another area to close the surgical wound (this will not apply to all patients), failure of the flap or graft.
- Your surgeon will discuss these risks, and anything else specific to you prior to your procedure, but should you wish to discuss any concerns or require further information prior to your appointment please contact us.

## After your procedure

- The local anaesthetic lasts for 2-3 hours, most people do not experience significant discomfort following this type of procedure so we do not routinely prescribe painkillers. Please ensure you have a supply of your usual painkiller (such as paracetamol) in case you require it.
- It is not unusual for the wound to bleed following these procedures. Please try to remain calm if you experience any bleeding as it can usually be controlled with simple pressure. **If you experience bleeding please sit upright and place a clean pad over the area. Apply firm pressure for 10-15 minutes without removing the pad to check the wound. Repeat if necessary. A cold compress can be used if available.** If you have any concerns contact numbers are at the end of this letter.
- You will have sutures (stitches) in the area. These may be absorbable or non-absorbable. If the sutures are absorbable they will usually start to fall out in a few weeks. If the sutures are non-absorbable we will either provide you with an outpatient appointment to have them removed, or ask your GP to remove them (usually 7-10 days after the procedure). If we request that your sutures are removed by the GP you will need to make the appointment for this.

## Follow-up care

- If you require an appointment for suture removal this will be provided following your procedure.
- Any longer term follow-up will be dictated by the results of your procedure (when the nature of the lesion removed is known from histological examination).

**Useful contacts;**

All numbers Mon-Fri 9am-5pm, excluding Bank holidays

**ENT Schedulers** (for assistance with your procedure appointment):

01270 273853

**ENT Secretaries** (for general assistance):

01270 612297

**ENT Outpatients clinic** (for assistance with appointments after your procedure): 01270 612206

**Out of hours contacts following your procedure;**

Your **GP** out of hours service

**NHS 111** online service (111.nhs.uk)

This leaflet is available in Audio, Braille, Large print and other Languages. To request a copy, please telephone 01270 612297.