

Information for patients referred from Dermatology to the Ear, Nose and Throat (ENT) Department for surgery

Following your consultation with the Dermatologist today you are being referred to an ENT Consultant Surgeon, who is qualified and experienced in facial plastics procedures, for the removal of your skin lesion. You may be treated either by the Consultant or another member of the team.

To minimise your outpatient appointments we will not routinely arrange to see you in the ENT outpatients department prior to your surgery, however, should you wish to discuss your treatment please contact us to arrange an appointment.
Our contact details are at the end of this letter.

Before your procedure;

- If you are taking, or commence, any blood thinning medication (e.g. Aspirin, Warfarin, Clopidogrel, Apixaban, Dabigatran, Rivaroxaban) please contact us to ensure we have accurate information, and can advise you on how to safely manage your medication prior to your surgery. If you are unsure if you take these medications, please contact us for advice.
- Surgery is generally carried out under a local anaesthetic injection to numb the area, which means you will be awake during the procedure. If you think this would be a problem for you, please contact us for an appointment to discuss your needs.
- **If your skin lesion changes (rapidly grows or disappears) whilst you are waiting for surgery, please contact us to advise us of the change as we may need to see you in clinic to assess this prior to surgery.**
- Should an outpatient appointment not be necessary prior to your procedure, we will contact you directly with an appointment for your treatment as soon as we are able. It is very rare for you to need to stay overnight in the hospital, but you should plan to be with us for up to half of the day on the day of your procedure.
- We would prefer that you do not travel following your procedure. Please contact us for advice should you have travel plans in the month following your planned procedure.
- You may wish to arrange hairdressing appointments before your procedure as you may be advised not to wash your hair afterwards.
- Most people do not find that they experience much discomfort following their procedure but please ensure that you have some paracetamol (or your usual painkiller) available at home.
- You may have some bruising / swelling / discomfort following your procedure, so please arrange for some time away from work, or limit your social activities for a few days. This may be two to three weeks if you have a flap or graft procedure

Your procedure;

- When you attend for your procedure your surgeon will assess the skin lesion to be removed and discuss with you the technique they will use to close the wound once the lesion has been removed. There are a number of options for closure of the wound which depend on the location and size of the lesion and the elasticity of your skin.
- You will be given specific aftercare advice according to the procedure you have undergone on the day of your procedure.
- Following your procedure, we may arrange to see you in the outpatient clinic to remove your stitches and discuss the results of the procedure, or we may ask you to arrange to see your practice nurse for removal of stitches and write to you with the results. Should you have any concerns regarding wound healing or your results you can contact us.
- We will ask that you keep the dressing from your procedure dry and intact. There is no need to arrange to have the dressing changed before you have your stitches removed.

Following your procedure;

- If you experience some bleeding after the procedure this is not unusual. Press firmly on the area (with a clean dry flannel or tissue) for 15 minutes and the bleeding should stop. As long as you press directly on the wound without twisting your hand you will not affect the procedure.
- Please avoid doing anything strenuous for a few days after your procedure to minimise the risk of bleeding.
- Please ensure that you have a good diet in the weeks following your procedure to promote wound healing – plenty of fresh fruit and vegetables. You may wish to increase the amount of protein and vitamin C you eat as these are necessary for wound healing.
- If you smoke please try to cut down or stop as smoking interferes with wound healing.
- If you are diabetic, please ensure you control your blood sugar following your procedure to maximise wound healing.
- Should there be no complications with wound healing we would normally expect that your wound would be healed in approximately 7 – 10 days, however, it is important to remember that at this time your wound is not fully healed and the cosmetic appearance will improve over the following year.
- Approximately three weeks after surgery (should the wound have healed without complications) we suggest that you commence massage of the wound (with a simple moisturiser) to enhance the cosmetic outcome.

Contact details for the ENT Team

Secretaries: 01270 273392 / 273390 / 612297

Specialist Nurse: 01270 273621 (Monday to Friday, 9.00am - 5.00pm)

For emergencies out of these hours, please contact your GP.

This information is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 273621.

Reprinted January 2018 Review January 2020 Ref: DCS/DERM/0140118