



The Yorkshire Skin Clinic

Minor Skin Surgery – Pre and Post advice for patients



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The clinic is held at Acomb Garth Community Care Centre, 2 Oak Rise, York YO24 4LJ

This information sheet aims to answer any questions you may have before or after your skin surgery. If you have any further questions before or after your surgery, please contact us on the numbers at the end of this sheet.

The Yorkshire Skin Clinic by Nimbuscare perform the following treatments for patients aged 8 years and upwards:

- Removal of unsightly moles or blemishes
- Removal of unwanted and irritating skin tags
- Removal of unwanted "lumps and bumps" on your skin
- Treatment of recurring warts and verrucae

The type of surgery will depend on the treatment you are having, and this will be discussed with the General Practitioner carrying out the procedure. The types of surgery are listed below:

- **Cryotherapy** - the use of extreme cold to freeze and remove abnormal tissue.
- **Cautery** – a medical procedure where tissue is burned or destroyed using heat, electricity, or chemicals to stop bleeding, remove unwanted tissue, or close wounds.
- **Curettage** – a medical procedure to remove tissue by scarping or scooping.
- **Shave excision** – minor surgical procedure to remove superficial skin lesions, like moles or skin tags, using a sharp blade to “shave” off the lesion flush with the skin, often without stitches.
- **Formal excision** - a surgical procedure where a skin lesion, along with a small margin of surrounding healthy tissue, is completely removed using a sharp cutting instrument like a scalpel, and the wound is closed with stitches.

In addition to the deposit paid at booking, the remaining balance is due on the day of surgery, after the procedure has been completed.

What you should do before the operation

1. It is advisable that you be accompanied to the surgical/outpatient department with a relative or friend.
2. You may eat and drink as normal on the day of the procedure, and we recommend that you eat prior to your procedure and stay well hydrated.
3. Dependent on the type of procedure and if local anaesthetic is used you should refrain from driving on the day of our procedure.
4. Please allow at least 10 minutes before your appointment time to complete any necessary paperwork.
5. **Medications** – please ensure that you have declared any blood thinning medications such as Warfarin, Apixaban, Aspirin or other forms of blood thinning medication. If you are taking Warfarin, you will be required to check your INR level one day before surgery and if the INR level is less than three, we can go ahead with the surgery; however if the INR level is more than three you may not be able to have the operation as the risk of bleeding is very high.
6. **Allergies** – please ensure that you have declared any medication, latex or any other allergies within your pre assessment questionnaire. let your specialist GP know if you are allergic to any medicines, latex or any forms of local anaesthesia
7. **Pacemaker** - please let your specialist GP know if you have a pacemaker. Having a pacemaker is not going to stop your operation but we need to change the instrument we use for cauterisation.
8. **Hearing aid** – we need to remove your hearing aid during the surgery to avoid any interference with our cauterisation machine and your hearing aid. We will ensure that you are able to communicate with us clearly and you understand what is happening.
9. **Exercise** – if your procedure requires stitches please refrain from any heavy exercise like tennis, football, swimming or golf whilst the stitches are in place. In some cases, we may ask you to stop exercising for up to two-four weeks after the surgery.
10. **Contact lens** – you will be required to remove your contact lens if we are doing any surgery around your eyes. Please bring a suitable container for the removed lens.
11. **Photographs** – photographs will be required for all procedures and will be kept in confidence within your electronic patient record. It will only be seen by those involved in your medical care and these photographs will not be used without your express permission.

12. **Consent form** – you or parent/guardian if the patient is a child, will be asked to sign a consent form. The form indicates that you are fully aware of the procedure and the possible complications

During the Surgery

1. **Undressing** - We usually ask you to remove your clothes covering the area we are going to operate on. We will ensure that your privacy and dignity will be maintained at all times.
2. **Marking the area of the skin** – the area to be removed will be marked with a skin marker pen.
3. **Local anaesthesia** – the procedure will be performed by your doctor or a nurse who is specialised and trained to do skin surgery. If required for the procedure, the area will be numbed by Lidocaine with or without Adrenaline which might cause stinging for a few seconds. The numbing effect of the anaesthesia will last between two-four hours after the surgery; therefore, if we are performing any procedures around your mouth you need to avoid drinking or eating anything hot for up to three hours after the surgery.

Caring for the wound after surgery

The stitches (sutures) that we leave on the skin need to be removed following your surgery. The Specialist GP will provide you with written information about how many stitches you have in your skin and when you should have your stitches removed.

The numbness effect of the anaesthesia usually will disappear after two-three hours; therefore, if you feel any pain, you may take simple analgesia such as paracetamol. Please don't take aspirin or Ibuprofen unless part of your regular medication as it may increase the chance of bleeding. The area should be kept clean and dry for 48 hours.

What problems might occur after the surgery?

1. **Infection** - is a rare complication and can be seen as swelling or redness or pus formation around the surgical site. If this happens, visit your GP/practice nurse.
2. **Bleeding and bruising** - bleeding is again a rare complication after the surgery; however, if you notice any fresh blood coming from the site of the surgery, please apply continuous pressure for up to fifteen-twenty minutes, repeat every five minutes up to four-five times. This is usually enough to stop the bleeding; however rarely the bleeding will continue which might need either re-stitching or cauterisation. If you are concerned speak with your GP/practice nurse. Please note surgery around the eyes will usually cause bruising and black eyes.

3. **Fainting and nausea** - a complication that might happen during or after the surgery. Please inform your GP if you feel unwell. This symptom usually settles down within fifteen-thirty minutes. Please inform your GP or your HCA if you have any allergy to local anaesthesia.
4. **Wound breakdown (dehiscence)** - this is not common but can occur just after the stitches have been removed or if there is an infection or bleeding. Please speak with your GP/practice nurse.
5. **Numbness and nerve damage** - this can sometimes occur around the surgical site. Small or large nerves can be damaged during skin surgery which will result in a small area of numbness around the wound and recovery usually occurs, but pain and numbness can sometimes persist.
6. **Scars** - as a rule, in skin surgery the length of the surgical scar is usually three times the width of the lump that needs to be removed. A scar cannot be avoided. If you have any previous problems with surgery that was complicated by scars, please let GP performing the procedure know. Taking good care of the surgical site with massage after removal of the stitches can help and will reduce scarring. With any surgery you will have a small risk but usually the benefit will outweigh the risks. If you have any questions, please don't hesitate to discuss this with the GP before the surgical procedure.

Results

The skin sample you have had taken will be sent to the Laboratory for a report. You will usually be advised of the results by letter in approximately six weeks. If you have not received any communication from us within six weeks, please contact Nimbuscare.

Additional Information

- **In case of medical emergency** please seek advice from your GP or visit your local hospital's Accident and Emergency unit.
- **Consent** Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.
- **Sources of information** British Association of Dermatologists- <http://www.bad.org.uk>

Important information

- The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.
- **Your comments** We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on nimbuscare.feedback@nhs.net

- **Hand hygiene** We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection.
- Alcohol gel is widely available for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact nimbuscare.feedback@nhs.net