



The Yorkshire Skin Clinic

Minor Skin Surgery – Pre and Post advice for patients



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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 01904 943690.

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 scraping or scooping.
- **Shave excision** - a minor surgical procedure to remove superficial skin lesions, like moles, 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 nonrefundable consultation fee paid at booking, the remaining balance is due on the day of surgery, after the procedure has been completed.

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

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 it could be advisable to 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 or Aspirin. If you are taking Warfarin, you will be required to check your INR level one day before surgery, 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 allergies, medication, latex or otherwise on your pre assessment questionnaire.
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** – Where cautery is being used, we will 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 2 weeks after the surgery.
10. **Contact lenses** - You will be required to remove your contact lenses if we are performing any surgery around your eyes.
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 are always maintained.
2. **Marking the area of the skin** - The area to be removed may be marked with a skin marker pen.
3. **Local anaesthesia** - The procedure will be performed by a registered Healthcare Professional who is specialised and trained to perform 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 2-4 hours after the surgery; therefore, if we are performing any procedures around your mouth you will 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 may need to be removed following your surgery. The Healthcare Professional will provide you with information regarding 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 2-3 hours. If you feel any pain, you may take simple analgesia such as paracetamol. 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.
2. **Bleeding and bruising** - Bleeding is 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 20 minutes. This is usually enough to stop the bleeding. Ice wrapped in a towel and pressed on the wound may also help with any bleeding, bruising or swelling. 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 Healthcare Professional if you feel unwell or if you have fainted after procedures or blood tests in the past. This symptom usually settles down quickly. Please inform your Healthcare Professional if you have any allergy to local anaesthesia.
4. **Wound breakdown** - This is not common but can occur just after the stitches have been removed or if there is an infection or bleeding.

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 your Healthcare Professional 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 Healthcare Professional before the surgical procedure.

Concerns following a procedure

Bruising and bleeding are not unusual symptoms after a minor surgical skin procedure and you will be given written advice about this. Infection may sometimes occur in a wound and require treatment. Please contact the clinic if you are concerned and a member of the team will be able to advise the best course of action.

Results

The skin sample you have had taken will be sent to the laboratory at York Hospital for a report. You will usually be advised of the results within 21 days. If you have not received any communication from us within this time please contact the team.

Additional Information

- **In case of medical emergency** please seek advice from your GP or visit your local 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 Healthcare Professional.
- **Sources of information** British Association of Dermatologists- <http://www.bad.org.uk>
- 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