

## Dermatology Department

## What to Expect in Theatre

## Your theatre appointment is:-

Monday  Tuesday  Wednesday  Thursday  Friday 

Date: \_\_\_\_\_ Time \_\_\_\_\_ am / pm

## What are the aims of this leaflet?

## This leaflet has been written to help you understand more about:

- How you can prepare yourself for having surgery.
- What you can expect having surgery.
- What you can expect after having surgery
- Who you can contact if you experience any problems.
- Your theatre appointment and time.

## Preparing yourself for surgery

- The theatre is situated in the Dermatology Outpatients Department.
- You must have a light meal before you come for surgery. DO NOT FAST
- If possible bring someone with you. Children 16 years and under must be accompanied by a parent. Guardians must bring proof of guardianship.
- Inform the Doctor/Nurse if you have heart, liver or blood disease.
- Inform the Doctor/Nurse if you take blood thinning tablets (some patients may be asked to stop taking these tablets by the doctor). Bring your INR results booklet
- A full explanation of the surgery will be given to you or the parents of a child before the surgery will commence.
- You will be given the opportunity to ask questions.
- Please bring a list of any medication you are taking.

## What you can expect having surgery

- A Doctor or Nurse will perform the surgery.
- You will have to sign a consent form prior to the surgery commencing.  
Parents/guardians may have to sign a consent form for children 16 years and under.
- You will be given an injection of local anaesthetic to numb the area to be removed.
- You will feel a scratch, then a slight tingle or stinging sensation, the area injected will go numb almost immediately.
- You should not feel any pain during the procedure. However, should you feel any discomfort, more anaesthetic will be given.
- The lesion on the skin or area of skin requiring surgery will either be: -
  - a. Totally/partially removed/cut out (excision)
  - b. A small piece of the skin or lesion will be removed by a punch biopsy (small instrument similar to an apple corer)
  - c. Shaved or scraped (curetted) off and cauterized (to stop bleeding)
- The piece of skin removed will be sent to the histo-pathologist for examination under the microscope.
- Bleeding (this will be stopped before you leave theatre, if there is bleeding once you have left the department use your hand and a clean handkerchief and apply pressure continuously for 5 minutes).
- Patients who have a biopsy or excision will have stitches to close the wound. However some are as of the skin will not be suitable to stitch – this will be discussed with you when you attend for the surgery.
- Patients, who have the skin or lesion shaved or curetted with cautery, will not have stitches. The skin will have a small black scab which will come off in approximately 10 - 21 days.
- All areas of skin operated on, will at the end have a small dressing put on to prevent any infection.
- Patients who have stitches will be given a letter to take to their local Practice Nurse, to arrange for the stitches to be removed. This is usually between 7 - 14 days.
- **ALL PATIENTS** who have surgery may experience some or all of the following:-
  - a. Bruising.
  - b. Infection - Contact the department if you suspect the wound is infected: - a lot of pain, redness, swelling or pus.
  - c. **ALL PATIENTS WILL HAVE A SCAR!**  
The longer the scab is left in place the better the scarring will be! The scar will be red at first but will become paler in time. This may take up to 12 months. In some patients the scar may stretch or become thickened (keloid). This is due to individual susceptibility - every patient is different - there is no way we can know if this will happen. We do however take every care to keep scarring to a minimum.  
Patients with darker skins may lose some pigment (colour) or the area may become darker (this will only occur in patients who have cautery)
- The histology report/result is usually available between 4-8 weeks after your surgery. Patients who are given an appointment to see the doctor will have the result and further management/treatment discussed with them then. Otherwise a letter and the result will be sent to your GP.

## How to take care of your wound:

- You may take a bath or shower 48 hours after the surgery. Pat the area dry. **DO NOT RUB.**
- You may remove the dressing 48 hours after the surgery.
- The wound area does not necessarily need a dressing but a dressing/plaster may be used to cover the area if you prefer.
- If you stopped taking Aspirin, Warfarin or Clopidogrel (blood thinning tablets) before the surgery please recommence taking it the following day.
- We advise all patients not to go swimming for at least 2 weeks after surgery due to the risk of infection.
- Gentle exercise is recommended however, we suggest you refrain from full body work outs in a gym for at least 3 weeks as this increases the risk of the scar becoming wider.
- Most patients are able to return to work the same day or following day. This may vary for each person. However, depending on the surgery performed some patients may need a few days off work. This will only be decided on the day of operation.

## Who you can contact if you experience a problem

Dermatology Outpatients Department  
Nursing Staff  
**Monday to Friday**  
Calderdale Royal Hospital  
Telephone No. 01422 224154

**Weekends**  
Accident and Emergency Department  
NHS 111  
General Practitioner (GP)

**If you cannot attend your theatre appointment please inform the Dermatology Department as soon as possible.**

**If you do not attend your appointment and do not inform the Dermatology Department you will be discharged from the clinic and your GP will be informed.**

**If you require transport for medical reasons, contact your GP Surgery.**

**If you have any comments about this leaflet or the service you have received you can contact :**

Consultant Dermatologist or Sister  
Dermatology Department  
Calderdale Royal Hospital

Telephone (01422) 224154

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"