

Dermatology Department

Following Minor Surgery/Biopsy

What are the aims of this leaflet?

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

- What you can expect after having surgery.
- How you can take care of your wound.
- Who you can contact if you experience any problems.

What you can expect following surgery:

1. The local anaesthetic can take from 3 -6 hours to wear off.
2. After the area of skin has been removed, you may have stitches.
3. The stitches will either be dissolvable or will need removing.
4. If the stitches need to be removed they will need to come out between 7-14 days.

If you have stitches which need removing, your Practice Nurse at your GP surgery will remove these and we will give you an information leaflet giving details of:

- a. the area you have had surgery
- b. the number of stitches to be removed
- c. the date you will need the stitches removing.

Some patients may need to come to the Dermatology Department for removal of the stitches usually at the doctor's request.

- When the stitches are removed you may feel a slight pulling sensation this may feel a little uncomfortable but should not be painful.
- Some patients may experience pain or Discomfort, if so you may take painkillers e.g. Paracetamol. Please **DO NOT** take painkillers containing Aspirin or ibuprofen.
- Some patients will be asked to attend the department for their wound to be checked or re-dressed.
- If there is a scab at the wound site, which becomes very dry and itchy you can apply Vaseline.
- **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 more common over areas of tension e.g. the back or become thickened (keloid). This is more common on the shoulders and chest. 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.
- If you suspect the wound is infected: - a lot of pain, redness, swelling or pus. Contact your GP who will assess if antibiotics are required.
- The histology report/result is usually available between 4-8 weeks after your surgery. Urgent results often come much sooner. The hospital clinician may give you a further appointment to discuss the result or write a letter and the result will be sent to your GP. If you attend the department the clinician will discuss the result and any further management/treatment.

How to take care of your wound:

1. You may remove the dressing 48 hours after the surgery.
2. If you get the wound wet it is important to pat it dry and DO NOT RUB.
3. The wound area does not necessarily need a dressing but a dressing/plaster may be used to cover the area if you prefer.
4. If you stopped taking Aspirin, Warfarin or Clopidogrel before the surgery please recommence taking it the following day.
5. We advise all patients not to go swimming for at least 2 weeks after surgery due to the risk of infection.
6. Gentle exercise is recommended. However, we suggest you refrain from full body work outs in a gym for several weeks as this increases the risk of the scar becoming wider.
7. 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.
8. If you have had surgery on your lower leg we advise elevating your leg at home after the procedure. This helps prevent oozing and swelling.

Who to contact if there is a problem:

If you have any problems or are worried please contact the Nursing Staff

Monday to Thursday 8.30am - 4.30pm Friday morning

Dermatology Outpatients Department, Calderdale Royal Hospital

Telephone no. 01422 224154

Saturday and Sunday and Friday afternoon

Contact your own GP or Accident & Emergency Department

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

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

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ 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"