

Discharge Advice

Removal of skin lesions and superficial lumps

Removal of skin lesions and superficial lumps in the Head and Neck Region:

This involves the surgical excision of skin lesions, often from cosmetically sensitive areas of the face and neck.

Reasons for performing this surgery may include

- To diagnose and treat cancers
- Scar revision
- To improve cosmetic appearance of an unsightly lesion/lump that maybe causing concern, that is uncomfortable (shaving, getting dressed) or causing infections.

There are several ways to remove skin lesions.

- Complete excision and direct closure of the wound with stitches
- Removal of small lesions and allowing the wound to heal naturally without stitches
- Removal of lesion with some adjacent skin moved to fill the defect (flap reconstruction)
- Removal of lesion and some skin borrowed from another separate site and placed over the defect (skin graft).

Should it be the case that you have the surgery as a day case, you will be given advice on how to remove the dressing yourself over the subsequent days.

You will be informed if you have dissolvable stitches or if your stitches are non-dissolvable and require removal. Stitches that require removal can be removed by your GP practice nurse (usually 6-10 days after surgery). You will need to make an appointment with your GP practice nurse in order to arrange this.

It is important to keep the wound dry for 10 days after surgery. In particular, avoid hair washing until the sutures have been removed in wounds around the ear, face, neck or scalp. You may wish to try dry shampoo should your hair feel greasy.

Should your wound become inflamed or start to open up after surgery, you will need to be seen by either the ENT treatment room or your GP. Contact details for the ENT treatment room are on this leaflet.

Recovery time:

Pain and discomfort tends to be mild and usually improves within a few days. You will be given advice on pain relief prior to discharge by your nurse. Most patients require 2-5 days off work/school in order to recover. The recovery may be longer in the case of flap reconstruction or skin grafts. Heavy lifting/straining/strenuous exercise during this time is not recommended. If you work in a wet or dusty environment then the wound would have to be protected and not exposed. You may need some dressings to go home with depending on the procedure performed.

Follow up:

You will be advised by your surgeon whether or not a follow up appointment is required. Often, your surgeon will write with any test results regarding the lesion/lump removed. Should you not receive your expected follow up appointment, please call the outpatient booking office on 01495 765055.

EMERGENCY DISCHARGE INFORMATION

09:00 to 17:00 Monday to Friday (excluding bank holidays): Contact the Day Surgery Unit on 01633 234199 / 01633 234196 or contact the ENT Treatment room on 01633 234018

After 17:00/overnight (adults): C0 01633 493926.

After 17:00/overnight (children): C1 01633 493609.

In the event of an emergency, attend your closest Accident & Emergency department

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