

Pre- surgical Procedure: Skin Surgery Surgical Procedure under Local Anaesthetic

Dermatology

You have been asked to attend a **See and Treat Clinic* or Dermatology Treatment Unit following a referral from your GP or a Teledermatology appointment. A surgical procedure on the skin to treat an area (e.g., removal of mole) or for diagnosis (Biopsy).

****See and Treat clinic- You will be examined and if needed and it is available, offered a **procedure** to take place on the same day. It is worth reading this prior to your appointment. If you cannot have the procedure on the day, an alternative date and time will be arranged.***

- The minor operation takes place in one of our Dermatology procedures rooms.
- The area is numbed with a local anaesthetic injection. You will be awake.
- Some skin will be removed, the wound may be stitched and covered with a dressing.
- Most procedures take 10 – 45 mins, depends on the required procedure.
- You will go home on the same day. You will need a lift home and shouldn't drive yourself.
- Ideally bring a relative with you in case you feel unwell or drowsy following the procedure.
- The risks of any skin procedure include bleeding, bruising, infection, pain, scarring and rarely, nerve damage.

Before your appointment:

- You can eat and drink as normal prior to the procedure.
- Please take your usual medications unless told otherwise.
- Please inform us if you take **warfarin, apixaban or other blood thinners or have any bleeding disorder/problem.**
- Please inform us if you have a **pacemaker, cardiac defibrillator, cochlear ear implant or any other implantable device.**
- Please inform us any booked holidays and unavailability.

- Please do not wear jewellery, facial makeup or hair spray.
- Wear clothing that is easy to remove if needed.
- Please inform us if you have any COVID symptoms.

During your appointment

- The surgeon will explain the procedure, check you understand and give you time to ask questions before the consent form is signed.
- You may have to remove clothing to expose the relevant area.
- The surgeon will give the local anaesthetic injections and check the area is numb before starting the procedure.
- At the end of the procedure, you will have a dressing put on that usually must stay dry for at least 2 days, sometimes up to a week.

Following your surgery

- You will be given written information on how to care for your wound.
- Stitches usually need removing 7-10 days after your procedure.
- You may be given an appointment in Dermatology for removal of stitches or a dressing change or you may need to book these with the nurse at your GP practice. This is decided on the day of the surgery.
- Some procedures (e.g., skin grafts or open wound) may require dressings to be changed twice weekly or weekly as per advice.
- The area may be sore as the local anaesthetic wears off. We suggest buying paracetamol or low-dose co-codamol to take if needed.
- You must avoid strenuous activity for at least a week after surgery. This includes exercise, sport, and heavy housework, lifting, or gardening.
- Usually, we ask you to buy new pot of Vaseline to apply to the scar.

If you have any further questions with regards to your appointment, please telephone the following number 01633 23464/01633238710.

Alternatively, you can email: Abb.Skin@wales.nhs.uk

**This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg**