



Minor Operation Advice Sheet

Pre-Operation

We perform curettage (scraping off), shave excisions (slicing off), and full excision (cutting off) of lesions. Lesions can either be completely removed, or a small sample taken, but all lesions are usually sent to the laboratory for testing to make an accurate diagnosis. Biopsies are usually performed for rashes or large lesions that are too big to remove completely.

BEFORE YOUR OPERATION

Drugs and medication: Please let the doctor know if you are on aspirin, beta-blockers, or any other blood thinning medication. These do not usually need to be stopped but we need to know you take them. **If you are on warfarin even if your blood tests are stable, you need to have an extra INR test 1-3 days before the operation.** If the result is over 3 then you will not be able to have your operation as the risk of bleeding is too high.

Allergies: Please let the doctor know any allergies to medicines or to Latex.

Pacemaker: This may affect what equipment we can use but will not prevent your surgery.

Holidays/Special Events: If you are travelling abroad or on holiday or attending a special event within three weeks of surgery, please reschedule your procedure unless your surgery is URGENT. This is because of the risk of post-surgical complications, and dressing and stitches will need to be removed. There may also be bruising/swelling; you may not look or feel your best for a special event.

Sports/Exercise: You should not swim, play sports (including golf), or exercise whilst the stitches are in place. Depending on the size and site of the surgery you may be asked to refrain from activities that will stretch that area for a period (3 – 4 weeks) after the stitches have been removed. Please ask if you are not sure.

Contact Lenses: If you are having surgery around the eyes and wear contact lenses, please remove them before attending.

ON THE DAY

Skin moisturisers/perfumes: Do not apply flammable substances to skin to include, but not limited to creams, lotions, perfumes, or sprays that may include alcohol.

Consent Form: You will be asked to sign a consent form unless you are under 16yrs when a parent or guardian must sign. This form indicates that you are aware of the procedure to be carried out. A separate information leaflet on the consent form is enclosed. You will be given a copy of your signed consent.

Undressing: You will be asked to remove enough clothing so that we can clearly see the part of your body.

Marking: The area of skin to be removed will often be marked with ink.

Operating Couch: Apart from exceptional circumstances such as breathlessness or immobility, all patients will be treated lying down on an operating couch. This makes the operation easier and optimises the use of the operating light.

Local Anaesthetic: Most minor operations need a local anaesthetic to numb the area, which will be injected just under the area to be treated. It causes a short sharp sting. The operation will then be pain free. Please let the doctor/nurse know if you feel any discomfort during the procedure. If you have previously had problems with local anaesthetic, for example at the dentist, please let us know. If you require a painkiller after it wears off paracetamol is the drug of choice. Please ensure you have a supply at home after surgery.

Stitches or Sutures: For most minor operations the skin is repaired using a few non-dissolvable stitches that can be removed 1-2 weeks later.

Strapping: All stitched wounds will be strapped up with a special dressing. You will be advised at the end of the surgery on the necessary wound care and a contact number is given. After the stitches are removed, strapping should be re-applied. Strenuous activity, exercise and sports may stretch the scar and should be avoided in the initial 3-4 weeks.

Duration: Depending on the complexity of the surgery and the site, surgery can take about 30 minutes and as far as possible, we endeavour to run to time.