

Information following minor skin surgery

Dermatology

Patient Information Leaflet

Curettage and cautery and shave excision

The skin lesion you had has been treated by curette and cautery or shave excision.

This means that the abnormal or diseased area of skin has been scraped or shaved off and the base of the area has been heated to stop bleeding. The resulting raw area will heal from below over the next 7-10 days.

No stitches have been used. If a dressing has been applied, this can be removed after 2 days. If it is sticking to the wound, the dressing can be moistened with water which may ease removal.

A small amount of antiseptic can be applied to the wound if the area appears moist or infected and dressings can be reapplied. Either a plaster or a dry dressing secured by tape can be used, if required. Change these dressings every 1-2 days until the wound dries. When the wound is dry, leave the area open. After a week or so, the scab will drop off.

The healed scar will be pink at first then become white after 4-6 months. It will be more susceptible to sunburn so use a sun block when it is sunny.

Excision biopsy

The lesion you have had treated has been cut out and the skin stitched back together. In addition, adhesive paper steristrips may be applied to give extra support.

The scar should have healed in _____ days, when stitches can be removed. Keep the wound clean and dry. **Do not** soak the area in the bath. **You have had a local anaesthetic to numb the area;** this will wear off after 2-3 hours. **Paracetamol, 2 tablets up to 4 times a day,** can be taken for pain relief. The dressing applied after the operation can be left in place for 5 days before changing it. If paper stitches were applied, try to keep them in place when the dressing is removed. It can then be replaced with a dry dressing and tape, or a plaster.

Whilst the scar is healing, avoid undue tension to the surrounding skin. If you have had an operation on your back, avoid excessive bending - **No** heavy gardening or weight lifting! The scar will be pink at first then fade leaving a white line after 4-6 months.

If you have any problems, please contact your GP or Dermatology on 01524 583187. If no one is available, please leave a message on the answerphone including your name and contact details and a member of the nursing team will call you back.

Punch biopsy

A small sample of skin has been removed and the wound has been closed either by a stitch or a seaweed (kaltostat) dressing.

If a stitch has been used the scar should have healed in _____ days, when stitches can be removed. Please keep the wound clean and dry.

If a seaweed dressing has been used you may remove the dressing in 2-3 days. If the dressing has stuck to the wound please leave this in place for up to a week. After this time, use water to release it. The area will slowly heal over the next 4-6 weeks.

You have had a local anaesthetic to numb the area. This will wear off after 2-3 hours. **Paracetamol**, 2 tablets up to 4 times a day can be taken for pain relief.

Please arrange with your District Nurse/GP for stitch removal. If you are registered with a Lancaster GP, please ring 01524 519575 to arrange stitch removal at Lancaster Community Dressings Clinic, Ashton Road Lancaster (behind Rose Bank Surgery).

Dermatology Biopsy Results

Date of Biopsy.....

Patient name and hospital number:

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We understand you may be anxious to know the results. **Please be aware that biopsy results are NOT discussed by telephone.** You will receive a letter informing you of the result. Your G.P will also receive a copy. This may take up to 8 weeks. Please contact the Dermatology Secretaries if you have not had your results after 8 weeks on:

Lancaster 01524 519332

Kendal 01539 715081

Patients who have had their biopsies taken at **Barrow** can ring either of the above telephone numbers to speak to a secretary.

You may also be contacted earlier to attend clinic to discuss your results. This will be a call from the bookings office and will be a short notice appointment (to attend within 2 weeks) This is not necessarily bad news, but it means we need to discuss the results and possible further treatment. You may wish to bring a friend or relative with you. If you have any concern and would like to speak to our Cancer Nurse specialist, please contact: **Julie Tait on 07824 561668**

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Other formats

If you would like to receive this information in an alternative format, then please contact : 01539 795497.

Travelling to our hospitals

For the best way to plan your journey visit our website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497.

Useful Contact Details

NHS 111 (for 24 hour urgent health advice): telephone 111

Your Information

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

Evidence

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

University Hospitals of Morecambe Bay Trust: a great place to be cared for; a great place to work.