

# Dermatology Day Care

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**Dermatology**

**Patient Information Leaflet**

## Why have I been referred to Dermatology Day Care?

Below are some questions frequently asked by our patients. The answers will help you understand about Dermatology Day Care. Day Care is run by nurses on the Dermatology Outpatients Department at the Royal Lancaster Infirmary. The aim is to help patients to understand their skin condition, help and support with treatment and help you learn how to manage your skin condition at home. As the Dermatology Day Care facility treats a wide variety of skin conditions, it's not possible to provide information for every skin condition. This will be discussed with individual patients at the time of treatment.

## When is Dermatology Day Care available?

Dermatology Day Care is currently offered Monday, Tuesday and Thursday mornings. Some patients will attend three times a week, whilst others will attend less often. The nurse will discuss this with you.

## How long will I be attending?

This will depend on your individual needs and the severity of your skin condition. Please try to be prompt so that we can offer you the best service. If you are unable to attend your appointment, please let us know. If you fail to attend two appointments without notifying Dermatology Day Care, you will be discharged.

## What will my treatment involve?

On your first visit, the nurse will assess your skin. You will be asked a few simple questions concerning your skin and you will have the opportunity to ask any questions. It would be helpful if you could bring a list of your current medication and any treatments you are using on your skin. The nurse will discuss your skin treatment with you and may apply treatment to your skin. The treatment will depend on your diagnosis and the severity of your condition. Your first appointment is likely to last approximately one hour.

### Top tips:

- If your skin feels irritable, apply emollient (moisturiser) and wear loose cotton clothing, especially at night.
- Avoid using fragranced soaps, bubble baths etc.. Use your preferred emollient. Use a bath mat in the bath/shower, to avoid slipping.
- It is important to apply emollients regularly as they rehydrate skin, act as a barrier, and allow active treatment to work.
- Apply your emollient in a down stroke movement. Do not rub into the skin.

**Please be aware that the majority of dressings and ointments used on Day Care are FLAMMABLE. It is STRONGLY advised not to smoke and to avoid coming into contact with naked flames.**

Details for local services who can help you give up smoking can be found at the bottom of this leaflet.

## **What do I need to wear?**

Many of the treatments used on Day Care will mark clothing and so we advise that you wear old clothing that you don't mind getting stained.

As you may also have dressings applied to your skin, loose fitting, comfortable clothes would be best.

**If you require any other information, please contact the Dermatology Unit on:  
(01524) 583165**

## **Leaflet Details**

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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.

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