

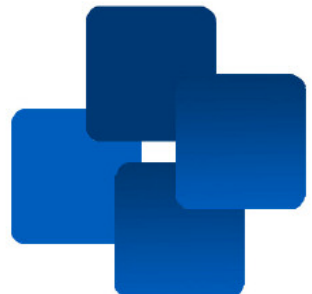
Simple excision of skin lesion

Department of Plastic Surgery Directorate of Surgery



www.enherts-tr.nhs.uk

All photographs © Department of Clinical Photography & Illustration



Simple excision of skin lesion

This leaflet provides some information about having a skin lesion removed, including the benefits and the risks.

What is a skin lesion?

A lesion is an area of abnormal looking tissue e.g. wart, alluding to a possible malignant growth.

Preparation

It is advisable to stop taking aspirin, and aspirin like drugs, two weeks before your minor operation as these can promote bleeding.

Please check with your doctor if you are worried about this.

Your minor surgery will be carried out under a local anaesthetic, so you may eat and drink as normal.

Please remove any jewellery or make up from the area having minor surgery.

What to expect

- On arrival at the department, you will be asked to wait in the appropriate area. Your escort or relative may wait with you.
- You may be taken into an admitting area, where your relevant details will be recorded.
- You will be asked to change into a gown and then taken into the minor operations room where you will meet your doctor and named nurse.
- Your procedure will be explained and you will be asked to sign a consent form.
- You may be asked if you will consent to clinical photographs being taken before, during and or after the procedure.
- You will be made comfortable on a couch under a bright light.
- A local anaesthetic will be used and once the area is numb the lesion can be excised.
- After the lesion has been removed the wound may be closed with stitches. These will either be dissolvable or need to be removed; you will be advised as to what is appropriate.
- A dressing will then be applied.

After the operation

- You will need to rest for a while and you may drink a cup of tea.
- If a certificate of sickness is required, please ask.

Before you leave the department you may be given; dates for removal of stitches, an Outpatient appointment and a letter for your GP / practice nurse.

When you get home

- Keep stitches clean and dry for forty eight hours. Avoid swimming or soaking in a bath until your stitches have been removed
- When the dressing is no longer needed, you may gently wash your stitches and pat them dry
- You may have your stitches out in five to fourteen days
- If your lesion was on your facial area, avoid bending forward for twenty four to forty eight hours, as this could encourage bleeding
- Start gentle massage of the scar with E45 or aqueous cream for two minutes each day one week after the stitches are removed. You should do this for at least six months, as this will help to soften the scar

Your scar will settle in between six to twenty four months, this can vary from person to person. If you continue to have problems during or after this period, there are treatments available to help scars settle.

Benefits of having the lesion removed

- Allows for correct diagnosis of lesion. If follow up treatment is needed it can be given quickly
- An unsightly blemish may be removed
- The lesion may get bigger if left

Risks of having the lesion removed

- Small risk of bleeding and infection
- Bruising around the wound, more likely around the face area
- There may be a chance the lesion could come back
- Risk of an unsightly scar
- It may not always be possible to close the wound directly and a skin graft may be necessary. Your doctor will discuss this with you if this is necessary.

If you are unable to keep your appointment, please call;

Lister Hospital - 01438 781264

QEII Hospital - 01707 365115

If you have any other concerns regarding your procedure, please do not hesitate to ask any questions. We would also welcome any comments from you regarding your treatment with us.

If your wound becomes red, swollen or hot you must contact your GP or us by phone, as soon as possible.

Lister Hospital -

Ward 11B (24 hours)

Dressing Clinic

(8am - 4pm, Monday - Friday)

01438 781118

01438 314333

Ext 4767

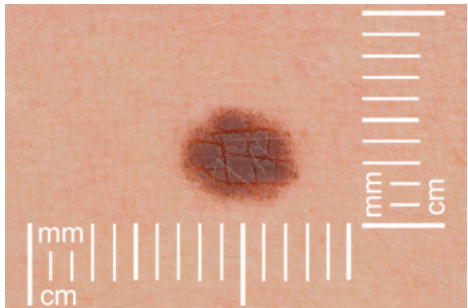
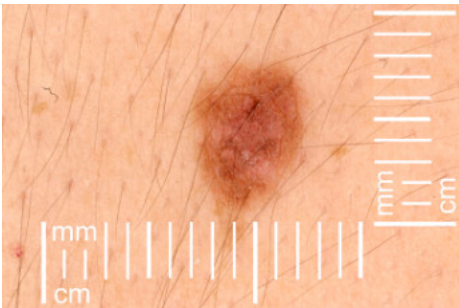
QEII Hospital -

Ward (9am - 6pm, Monday to Friday)

Outpatients Sister

01707 328111

Bleep 023



Date of publication: May 2011

Author: Ward 11B Outpatients Nurses

Reference: Plast 06 Version: 01

Review Date: May 2013

© East and North Hertfordshire NHS Trust

**You can request this information in a different format
or another language.**