



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Skin Surgery

Information for patients, relatives and carers

① For more information, please contact:

Dermatology Department

The York Hospital, Wigginton Road, York, YO31 8HE

Tel: 01904 631313

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Types of skin procedure

- **Punch biopsy** – a small circle of skin is taken and the wound is closed with a stitch.

- **Curettage and Cautery** – the area of skin is scraped away (with an instrument called a curette) and the bleeding stopped (with an instrument called a cautery). No stitches are required. You will have a scab, which will fall off when the skin underneath heals.

- **Shave excision** – the lesion is sliced off along the surface of the skin and the bleeding stopped (with an instrument called a cautery). No stitches are required. You will have a scab, which will fall off when the skin underneath heals.

- **Elliptical excision** – the whole lesion is removed with a margin of surrounding skin. Stitches are used to close the wound.

Your procedure will be done by either a doctor or a nurse with specialist training in skin surgery. Following your surgery you will be left with a scar.

Before my procedure

- If you take **warfarin**, please ensure you have your international normalised ratio – INR checked one to three days before the procedure. If the result is above 3 then please contact the dermatology department on 01904 726629.
- Even if your blood tests are usually stable, you must have an extra warfarin check one to three days before the operation.

Make sure you have told us if:

- You take blood-thinning medication such as warfarin, rivaroxaban, apixaban, aspirin or clopidogrel. Please continue to take this medication as you normally would.
- You have a bleeding disorder.
- You have an implantable electronic device, such as a pacemaker or defibrillator. We may need to speak to the department that fitted the device.
- You have any allergies to medications, local anaesthetic, adrenaline or latex.
- If you have any upcoming holidays, special events or plan to do any heavy lifting up to three weeks after the procedure. Please note you may have stiches which need to be removed after the surgery.

If you are not sure about anything then please ask.

Contact us on 01904 726629 if there is anything you think we should know.

On the day

- Eat and drink as normal. Do not drink alcohol.
- Take your medications as normal.
- You may wish to have a shower or bath as we will ask you to keep your wound dry for 48 hours.
- If you are having a procedure on your scalp, please do not use any hair products, such as hair-spray, mousse or gel. We may use a hot instrument to stop bleeding and these products can sometimes catch fire.
- If the procedure is on your finger or toe, please remove any nail varnish.
- Do not wear contact lenses if the procedure is around your eye
- We advise that you wear loose or comfortable clothing so your clothes do not rub on the wound.
- Please arrive on time for your procedure, we cannot guarantee the procedure will go ahead if you are late.

When you arrive

- Please check in at the reception so we know you have arrived.
- The procedure will take place a surgical room in the outpatient's department.
- Please let the doctor or nurse know if you are pregnant or breastfeeding.
- The doctor or nurse will describe the procedure and answer your questions. You will be fully informed of the risk and benefits and have the opportunity to ask questions.
- You will be asked to sign a consent form to say you have understood the information and agree to go ahead with the procedure.
- You may be asked to change into a hospital gown depending on the part of your body where the procedure will take place.

During the procedure

- The surgery usually takes between 30 minutes to one hour depending on the type of procedure.
- The doctor or nurse will use local anaesthetic to numb to area. You may feel some stinging when this first goes in but this will only last a few seconds.
- You may feel some pressure and movement during the procedure.
- All skin samples removed are sent to the laboratory for testing.

After the procedure

- A separate aftercare leaflet will be given.
- You will need to keep the area clean and dry for 48 hours.
- You may need to arrange an appointment to have your stitches removed at your GP practice.
- Please be aware that you should not swim, play sport 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 the area for up to four weeks.
- You may need to take paracetamol if you experience any pain. Always follow the instructions on the packet and never take more than the recommended dose. Please avoid non-steroidal anti-inflammatory drugs such as, aspirin and ibuprofen as they may increase your risk of bleeding. If you normally take low dose aspirin please continue as normal.
- The doctor who arranged the procedure will inform you and your General Practitioner of the results.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
Lois Alderson, Sister, Dermatology Department,
The York Hospital, Wigginton Road, York, YO31 8HE or
telephone 01904 726629.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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