



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Skin Surgery Post-operative patient information booklet: Excision, punch biopsy, Curette & Cautery

Information for patients, relatives and carers

① For more information, please contact:
Dermatology Department on 01904 726629

Dermatology Department
The York Hospital, Wigginton Road, York, YO31 8HE
Tel: 01904 631313

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Date:

.....

Procedure:

.....

Your procedure today was carried out by:

.....

The assisting nurse was:

.....

NHS

Name of local hospital:

.....

Will I be in Pain?

The local anaesthetic will gradually wear off over the next few hours. If you feel any pain or discomfort, you may take your preferred pain relief. Do not take Aspirin as a pain relief, however if you take aspirin for other medical reasons, then continue as usual.

Will my wound bleed?

If the wound site starts to bleed once you have been discharged home, you can apply pressure to the site for ten minutes, keeping the pressure applied with something that is dry and clean like a tissue, clean cloth, handkerchief or swabs. If it does not stop bleeding after ten minutes, apply a cold compress, e.g. a bag of frozen peas wrapped in a pillowcase or towel for a further 20 minutes. If the bleeding does not stop or is excessive, contact the dermatology department. If this occurs during closing hours contact your G.P or A&E department for further advice.

How do I care for my wound?

If you have had a dressing applied to your wound, remove this within 24 to 48 hours, allowing the wound to air. You may wash as normal, ensuring the wound site is dried afterwards. Apply a thin layer of white soft paraffin i.e. Vaseline or Savlon antiseptic cream (unless told otherwise from the nursing staff) with a clean finger along the surgical wound. Please continue to do this until the stitches are removed.

Scarring/ Exercise and strenuous activities

As the skin heals, a scar will form. Often a scar may be barely visible especially if the skin is wrinkled, however, on the shoulders, back and the nape of the neck the scar can sometimes spread and become more noticeable and enlarged. This is also known as hypertrophic or keloid scarring. You should not do any physical activities that might put a strain on the stitches and the wound over the first two to four weeks as this can affect the healing and the cosmetic result.

Will I have a scab?

You will have a scab if the skin has been treated with cautery to seal the wound. This can take approximately two weeks to come off/heal. Do not be tempted to pick it if it becomes itchy.

When should my sutures be removed?

If sutures were used to close your wound, they will need to be removed.

- Your stitches will be removed at your next dermatology clinic appointment

Or

- Please arrange to have your sutures removed at your doctor's surgery in a practice nurse appointment.

You will need to have your stitches removed in:..... days.

If you had stitches put under the skin, these will dissolve. However you may be able to feel them very slightly for up to three months as they start to dissolve.

Could my wound become infected?

If the wound becomes red, swollen, sore or leaking discharge, this may indicate an infection and we would like you to contact our dermatology department if possible so that we can look at your wound. If you would like any additional information or advice from the dermatology nurses about wound care, you can contact the department in hours as detailed, or your GP if out of hours.

How and when will I receive my results?

You and your GP will receive a letter from us in about two to six weeks or you will be given your results in your next dermatology appointment.

If you have not received a letter or heard from us after six weeks, please contact us at the dermatology department.

We may telephone with an appointment to discuss the results of your biopsy. If possible, we would suggest bringing a family member or a friend with you to this appointment as they can be helpful in remembering what is discussed and provide valuable support.

Contact details:

York Clinic:

01904 726621

Monday to Friday 08:00 – 17:00

Scarborough Clinic:

01723 342492

Monday to Friday 08:00-16:00

Selby Clinic:

01904 724296

Monday to Friday 08:00 – 17:00

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:

Sister Katy Maskell, 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 yhs-tr.patientexperienceteam@nhs.net

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

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: yhs-tr.FacilitiesmanagementHelpdesk@nhs.net

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