



Information for patients, relatives and carers

Advice for Patients Who Have Undergone a Skin Biopsy of the Head and Neck

① If you need further information, please contact your GP or NHS 111
When to use NHS 111 - NHS (www.nhs.uk)

Please use contact numbers if you have any problems or questions after discharge.

Later, today if you feel pain or discomfort where you have had surgery, take painkillers as you would for a headache (i.e., Paracetamol/Ibuprofen); follow the recommended dosages as directed on the packet.

Your Wound may bleed a little as the anaesthetic wears off, or if it is knocked. Use a clean piece gauze or cotton hanky and apply firm, constant pressure for 15-20 minutes. Please do not keep taking the pressure off to see what is happening. If the wound continues to bleed, contact the telephone numbers above.

Keep the wound clean and moist; for some wounds we will give you a tube of antibiotic ointment (Chloramphenicol) to apply three to four times a day. Remove the old ointment each time with clean hands and clean gauze or tissue and then reapply the ointment. (It is labelled eye ointment, but you can use it for other parts of the skin). If we do not give you ointment, we recommend a fresh tube of Vaseline is used to keep the wound moist.

You do not need to keep the stitches dry, wash and shower, but take care when washing around the wound and gently pat dry.

Do not use public swimming pools for 14 days.

The stitches placed are generally dissolvable and therefore do not require removal. The stitches can last for up to two weeks. If we have placed stitches that require removal, you will have been given instructions on where to get an appointment for this to be done.

Take all medicines as prescribed or recommend at discharge.

Please avoid physical exercise for 48 hours.

A follow up appointment, if required will have been discussed with you at the appointment.

Contact telephone numbers

York clinic: 01904 726501- 9am to 5pm

Ward 26: 01904 726026 24 hours

Scarborough clinic: 01723 342082

If you're unable to contact above, then please ring 01904 631313 24 hours switchboard. (ask to be transferred to Maxillofacial Duty Doctor on call)

Patient Advice and Liaison Service (PALS)

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

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

For an electronic copy of this leaflet, please visit our website

www.yorkhospitals.nhs.uk/

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