

Wound care following excision of Skin Lesion

Excision refers to removal of a skin lesion (for example a tumour, mole or cyst) by completely cutting it out.

How will I feel afterwards?

You have had a local anaesthetic for the excision of a skin lesion. The area will be numb for a short time and then a gentle throbbing sensation may be felt as the local anaesthetic wears off. If you experience any pain a mild painkiller such as paracetamol can be taken.

What should I do when I go home?

Dependant upon the local anaesthetic used and the procedure that you are having done, you may be advised not to drive or operate machinery for the rest of that day.

Avoid heavy lifting or stretching of wound area for fourteen days to prevent wound damage.

The wound should be kept clean and dry for two days.

If the wound starts to bleed apply pressure for 20 minutes. If your wound is still bleeding then contact one of the telephone numbers at the end of this information sheet or your G.P.

After two days you can remove the dressing and shower, but do not soak in a bath. Replace a new dressing after showering.

If your wound has a white bandage over it [tubigrip] then this should be worn during the day only and removed at night, until your stitches are removed.

If your wound appears inflamed, you observe a discharge or you experience increased pain contact one of the telephone numbers at the end of this information sheet or your G.P.

Stitch removal

Make an appointment to see the Practice Nurse at your GP's surgery in ___ days for the removal of stiches.

How will I hear about the results?

You will be advised of your histology results in approximately six to eight weeks' time. If you have not been advised of your results by eight weeks then contact your Doctor.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Help or advice

Please use the helpline numbers below should you require help or advice:

Conquest Hospital

Tel: (01424) 755255

Richard Ticehurst Surgical Unit: Ext 7008

Emergency Department: (01424) 755255

Eastbourne District General Hospital

Tel: (01323) 417400

Day Surgery Unit, telephone (01323) 414951

Emergency Department: (01323) 417400

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team on 01323 417400 Ext: 5860 or by email at: esh-tr.patientexperience@nhs.net

Hand Hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 01424 755255 Ext: 2620

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Tristan Sherwood, Clinical Nurse Specialist

Mr Andrew Moody, Consultant in Maxillofacial Surgery

Dr Jan von der Werth, Consultant Dermatologist

Review date: February 2019

Responsible clinician: Tristan Sherwood