

Mr Ahid Abood MA Cantab MBBS M.Sc FRCS Plast
Consultant Plastic, Reconstructive & Aesthetic Surgeon

Patient Information Following Minor Skin Surgery

The First Week

Following your surgery a dressing is usually placed over the stitches. Keep the dressing dry and intact for one week if possible. If removable stitches are used, these will be removed at about one week after surgery and can usually be done by your GP practice nurse. Mr Abood will advise you if absorbable stitches have been used.

PROBLEMS THAT CAN OCCUR

I perform several hundred operations a year and in the vast majority of cases, there are no complications or side effects. However you should be fully informed of the minor difficulties that can sometimes occur.

Anaesthetic Problems:

The adrenaline in the local anaesthetic can rarely cause a feeling of rapid heart beat (palpitations). If palpitations occur we advise a few minutes extra rest before returning home. Allergy to the local anaesthetic is extremely rare. If you have had problems with local anaesthetic, please let us know.

Bleeding/Bruising:

Continuous pressure to the affected site for 10 to 15 minutes is usually enough to stop bleeding. Elevation of the affected area (such as a limb or head) will also help. Very occasionally a wound may bleed sufficiently to need re-stitching or a small blood vessel may need re-coagulation.

Inflammation:

This is normal and presents as a slight redness around stitches and usually settles down when the stitches are removed.

Infection

Sometimes the treated area can become infected. This gives rise to pain, swelling and redness, or there may be some pus present. If this happens you should visit your GP for antibiotics. You may

also contact the nurses at the Spire Lea Cambridge who will advise you accordingly or arrange for you to see Mr Abood (useful numbers below).

Wound breakdown:

This is uncommon. The most likely time for this to occur is just after the stitches have been removed or if the wound has become infected.

Scarring:

It is impossible to remove anything without leaving a scar. As a general rule, the length of the scar is three times the width of the lump to be removed. It is common for scars to fully mature for up to a year. In the meantime, there are a few things that may help to improve your scar. The most proven modality is simple scar **massage**. Applying pressure and massaging the well-healed scar has been shown to improve the appearance as it breaks up the scar tissue, hopefully producing the finest scar as possible. Scar massage can usually be started at approximately 2-3 weeks post-op and when incisions have healed. In addition, avoidance of direct sunlight to the incision will significantly help the appearance as they tend to discolour with UV light during the healing process.

Useful information: Post-op video links and Social Media:

- Skin lesion from face: <https://youtu.be/6KCWlarypZY>
- Skin lesion from body (torso, arms, legs, back): <https://youtu.be/ZoDpbP50T8s>
- Skin lesion scalp: <https://youtu.be/Nd6iY6pmo90>
- Shave lesion: https://youtu.be/0eTXx_DeBW0



Instagram : You can follow me @drahidabood

Website: www.dr-abood.co.uk

Private Secretary: Justine Salazar
Email: secretary@dr-abood.co.uk
Phone: (+44)7592071313

