

## AFTER 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 back in the clinic. Mr Abood will advise you if absorbable stitches have been used.

### PROBLEMS THAT CAN OCCUR

We 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 local anaesthetics can rarely cause a feeling of rapid heart beat. If these 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 (e.g. 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.

#### 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 contact the practice and we will advise you accordingly.

#### Inflammation

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

#### 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.

Scars make take a year to mature and as they do there are a few things that may help to improve your scar.

Simple scar massage, applying pressure and massaging gently, has been shown to improve appearance by breaking up the scar tissue, hopefully producing as finer scar as possible. Aim to start massaging 2-3 wks post-op when incisions have healed.

Also, plan to avoid direct sunlight as UV light will tend to discolour scar tissue.

### POST-OP VIDEOS



Skin lesion **face**



Skin lesion **body**



Skin lesion **scalp**



**Shave** lesion