

## Excision of Skin Lesion

### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself whilst waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care. The Dermatology team deal with the diagnosis and management of skin related conditions.

### What is an Excision of a Skin Lesion?

The excision of a skin lesion is to remove the lesion to establish a diagnosis that, if necessary, appropriate treatment can be given.

The lesion is cut out usually the same shape as a rugby ball. Stitches are then put in to bring the two edges of the wound together. Sometimes internal stitches are put in prior to closing the skin. You do not need to worry about these as they will dissolve. All excisions will be performed under local anesthetic to the affected area.

### Guidance for Patients

If the lesion/rash is drastically worsening prior to your appointment with us, please call your consultants secretary. If acute injury is caused to the lesion or rash whilst awaiting your appointment you should contact your GP or NHS walk in centre.

Whilst you are waiting for your procedure, it is always important to maintain a healthy lifestyle. St Helens Wellbeing service makes it easier to access a wide range of healthy living and wellbeing support through a 'one stop shop'. The service provides local residents with advice and help with healthy eating, exercise, weight management, stopping smoking, emotional and social wellbeing, oral health and volunteering.

**Call:** 01744 371111

**Email:** [chcp.sthelens@nhs.net](mailto:chcp.sthelens@nhs.net)

**Website:** [www.sthelenswellbeing.org.uk](http://www.sthelenswellbeing.org.uk)

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The contents of this information has been reviewed and approved by a Senior Clinical Sub Group of the Document Control Group of STHK on 18-03 -22.

# **My Planned Care Patient Information Platform**

**Additional Information for Dermatology Services can be found on:**

**St Helens and Knowsley Teaching Hospital NHS Trust website –**

**[www.sthk.nhs.uk/our-services](http://www.sthk.nhs.uk/our-services)**

**Our services**

**Dermatology**