

## 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 while waiting to attend the hospital. This guidance has been written by the clinicians who are responsible for your care.

### Guidance for Patients

While you are waiting for your surgery it is important that you continue to ensure you are as medically fit as possible, follow sun safety advice, and keep your vitamin D levels normal. If you have any long-standing medical conditions such as high blood pressure or diabetes you should get this reviewed at your doctor's surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment. Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker, it would be advisable to seek support to help with stopping, advice can be found at your local pharmacy or doctor's surgery.

### Preparation for Surgery

Preparing for your appointment or your surgery helps minimise delays. Areas that are of particular importance prior to surgery include:

- 1) **Blood thinning medication:** discuss with your prescribing doctor whether it is safe to discontinue these at the time of your surgery. Sometimes you may need another blood thinning medicine around the time of your surgery. Do not stop using your medication unless directed to do so by your doctor, abruptly stopping some medicines can lead to side effects.
- 2) **Pacemakers/Defibrillators:** you have a pacemaker or defibrillator we would like to know the device type, where this device is routinely tested and when you had this checked last.

Please prepare a list of medications you take and medical conditions. Please ensure if there are any new additions that we are aware of these.

## Improve Your Health

### Sun Awareness

Awareness of Sun's effect on your skin health is essential. The British Association of Dermatology provides a wealth of information in their site, please check this link: <https://www.skinhealthinfo.org.uk/sun-awareness/>

There is also important information provided on how to ensure good Vitamin D levels.

## Stop Smoking Service

The stop smoking service provides a range of options to help you quit including support from an advisor, stop smoking medications, e-cigarettes and a digital offer for those who wish to quit by themselves.

***Did you know that you're up to 4 times more likely to quit smoking successfully with expert support?***

If you are not ready to quit just yet, but would like more information on how to protect your family, [Smoke free Homes](#), advises on how to make your home and car smoke free.

**If you skin lesion is worsening**

**GP surgeries are still open**

If you experience an increase in size, pain, bleeding from the lesion or other significant symptoms, you should in the first instance contact your General Practitioner for review and advice.

GP surgeries are still open, with some practices using telephone, online and video consultations. Face-to-face appointments are still being given to those who need it. You may be asked to take a good quality, clear picture of your lesion to aid in assessment.

**Advice on taking an image:**

Firstly, take a picture showing where on the body the skin lesion is (e.g., if it is in your finger take picture of whole hand first) and a close-up picture of the lesion (with a ruler if you can). Send this to the GP and your GP can contact us via Cinapsis to get advice.