

My Planned Care Patient Information Platform

Dermatology – 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.

What are skin lesions?

A skin lesion is a part of the skin that has an abnormal growth or appearance compared to the skin around it. Two categories of skin lesions exist - primary and secondary.

- Primary skin lesions are abnormal skin conditions present at birth or acquired over a person's lifetime.
- Secondary skin lesions are the result of irritated or manipulated primary skin lesions. For example, if someone scratches a mole until it bleeds, the resulting lesion, a crust, is now a secondary skin lesion.

What is an excision (removal) of skin lesion under local anaesthetic?

Skin lesions can be abnormal areas of skin tissue which can be sampled or removed under local anaesthetic by the maxillofacial surgeons in the day surgery unit. Before you leave the unit, the nurse will give you instructions about how to look after the wound to ensure good healing and will arrange an appointment for the removal of the sutures in the maxillofacial unit if needed.

What are the alternatives?

Skin lesions of the head and neck can be removed under general anaesthetic, but this is not indicated for straight forward cases. General anaesthetics pose a small but significant risk to all patients and are avoided when they are not deemed to be necessary. Some lesions, but not all, can be treated by other means such as topical creams or radiotherapy. These options cannot be considered unless the exact nature of the lesion is known.

What are the potential risks and side effects?

Any surgical procedure carries the risks that will be explained fully to you when your consent form is written out by the doctor and signed by you. These are:

- Post operative discomfort • Bleeding • Infection • Bruising • A scar

There is a small chance that the lesion might not be completely removed by this procedure. Instructions will be given to you after the procedure to enable you to facilitate optimum wound healing. Although you will sign a consent form for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Health and Wellbeing Guidance for Patients - Useful Website links

Whilst you are waiting for any procedure, it is important to maintain a healthy lifestyle and be as medically fit as possible. If you have any long-standing conditions such as high blood pressure 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.

- Information on a range of **Dermatological** conditions can be found on the following websites:
 - <https://www.skinhealthinfo.org.uk/> - The British Association of Dermatologists provide helpful, impartial information and advice on living with a skin condition. As well as information on skin diseases and treatments

General **health and wellbeing information** to support our local residents to stop smoking or with weight management **Healthy Surrey** has been commissioned to provide free stop smoking and weight management support our community.

- **National Stop Smoking and weight management support is also available via**
 - **Quit smoking - Better Health - NHS (www.nhs.uk)** The NHS 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. If you are not ready to quit smoking, 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.
 - **Live Well - NHS (www.nhs.uk)** are here to help you and offer different levels of support to maintain a healthy weight and to stop smoking, alcohol support and eating well etc.

- **Healthy eating and being active**

Information and advice on healthy eating and becoming more active is available from:

- **Eat well - NHS (www.nhs.uk)** (website) - includes easy to prepare meals for healthy meals and the **NHS Food Scanner app - Healthier Families - NHS (www.nhs.uk)** to help reduce levels of sugar in your diet.
- **Weight Management Service** The service supports adults aged 18 years or over who want to lose weight and have been identified as obese.
- **Lose weight - Better Health - NHS (www.nhs.uk)** (website) - includes tips on getting active for all, including the downloadable active apps, as well as tailored advice for those living with a long-term conditions.

- **Find out your BMI**

You can get help to lead a healthier lifestyle if you're an adult (18 years or over) and your body mass index (BMI) is above average. Use this tool to [BMI calculator | Check your BMI - NHS | Please fill in your details \(\[www.nhs.uk\]\(http://www.nhs.uk\)\)](#) if it's too high, sign up for a programme that will help you lose weight BMI of 30+

- **BMI of 28+**

You can get support from the 'Live Well' website, if your BMI is 28 or over if at least one of the following applies:

- you have Type 1 and 2 Diabetes or Metabolic Syndrome
- you have problems with your heart, circulation, hypertension or high blood pressure
- you have been diagnosed with anxiety/depression
- you need to lose weight before receiving another medical treatment or surgery
- you have a serious long-term health condition that is adversely affected by your weight such as muscular skeletal disorders (back pain, mobility issues) and asthma
- you're from a black or ethnic minority background.

- **BMI of 25+**

If you have a Body Mass Index of 25 or higher [Eat well - NHS \(\[www.nhs.uk\]\(http://www.nhs.uk\)\)](#) provides online support to help you lose weight and includes access to the NHS 12-week weight loss plan.

The NHS 12-week fitness plan will support your weight loss plan as well as improve your health. This is aimed at beginners and will help get you into the habit of regular exercise over the course of the programme. It is structured but flexible enough to allow you to fit the exercise sessions around your other weekly commitments.

What should I do if my health is deteriorating?

If you are experiencing any worsening signs or symptoms of any dermatology problems, you should first consult your GP.

a. Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

b. Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

Contact Us:

<p>Call: Surrey & Sussex Healthcare NHS Trust</p> <p>☎ 01737 231958</p>	<p>Email: sash.pals@nhs.net For My Planned Care enquiries</p>	<p>Website: Surreyandsussex.nhs.uk</p>
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