

## **My Planned Care Patient Information Platform**

### **Dermatology – Excision or Curettage of Skin Lesion**

#### **Introduction**

The COVID-19 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 are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care. When you are waiting for further treatment it can sometimes feel like a long wait.

The information and advice here is aimed at helping you manage that wait so you arrive for your appointment in the best possible physical and mental health. The NHS has limited resources which means that we are unable to treat you as quickly as we would like. Each healthcare provider has to consider the type of help you need, how quickly you need treatment, the best course of action to help you and when and where you can be seen. The process of sorting patients based on their individual needs is called prioritisation. The system of prioritisation is applied consistently across the NHS to help us to decide the order in which patients receive their treatment.

This is essential to ensure that we provide care based on need. The system means that care is delivered in the fairest way possible. Once a referral has been made from primary care to secondary care, the specialist team conduct assessments and then agree with you on the right course of action. At this stage, the urgency will be assessed. If you have a long-term health condition, for example, you may need treatment faster than someone without.

The Dermatology service treat patients with inflammatory skin diseases such as eczema and psoriasis and provide a range of therapies, including phototherapy, and offer a number of clinics across the county. We also remove skin cancers and other benign skin lesions are assessed. No cosmetic treatments are undertaken.

#### **Guidance for Patients**

Following your initial appointment with the hospital based service, a decision has been made to undertake an excision of the lesion on your skin. This will enable specialists to diagnose the specific condition and plan for further treatments should this be needed.

We will write to you with information regarding your appointment, what the intention of the appointment is, where to come and at what time. Occasionally, we may ask that you have some tests prior to your first appointment, but you will be fully informed as to what you need to do.

Further information is available via the following link:

[www.gloshospitals/our-services/services-we-offer/dermatology/](http://www.gloshospitals/our-services/services-we-offer/dermatology/)

Improving your general health will have a positive impact of your physical wellbeing; Whether you want to lose weight, get more active or quit smoking, there are many resources available at the Better Health website <https://www.nhs.uk/better-health>

Your mental wellbeing is also important and resources to help you can be found at <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing>

## **What should I do if my health is deteriorating?**

If you develop an acute infection (redness, discharge or pain) of your lesion, please contact your GP.

If your symptoms relating to the skin lesion are worsening (significant enlargement, intractable bleeding) then please contact the relevant secretary on the number in your hospital letter.

**Urgent Health Advice** For urgent health advice about physical or mental health, when it is not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day.

## **Life Threatening Emergencies**

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

## **Additional Support**

For advice and support for a Healthier lifestyle, please review the information we have on our website at [www.ghc.nhs.uk](http://www.ghc.nhs.uk) and/or Healthy Lifestyles Gloucestershire [www.hlsglos.org](http://www.hlsglos.org)

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. 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.

The Weight Management Service supports adults aged 18 years or over who want to lose weight and have been identified as obese.

Why not download the BEST YOU App on your smart phone, just search BEST YOU in the

Get the BEST YOU app and keep motivated on the go.



Create goals and track your progress PLUS regularly updated free tips, top advice, easy recipes and much more.

Whether you intend to:

- Increase your activity levels
- Stop smoking
- Reach /maintain a healthy weight
- Reduce the amount of alcohol you drink

...using Best-You is proven to help you achieve your goals.

## **Contact Us**

Dermatology Outpatients Gloucestershire Royal Hospital Tel: 0300 422 8193/8454 Monday to Friday, 8:30am to 4.30pm