

# HIGHCLIFFE MEDICAL CENTRE

248 Lymington Road  
Highcliffe, Christchurch, Dorset, BH23 5ET  
Tel 01425 272203  
[www.highcliffemedicalcentre.co.uk](http://www.highcliffemedicalcentre.co.uk)

## **Minor Surgery Information Leaflet for Patients**

Dear Patient,

You have been referred for a Minor Surgery procedure with Dr Amanda Nagle or Dr Edward Rawsthorne at Highcliffe Medical Centre. Please read the following information before you attend your appointment. Please contact the Medical Centre if you have any concerns or questions.

### **What is Minor Surgery?**

Minor Surgery involves the removal of non-cancerous lumps and bumps from the skin for medical reasons. These include sebaceous cysts, skin tags, dermatofibromas, seborrheic keratoses (warty lesions) and certain moles. The average appointment time is 20 minutes. Cysts may take longer, up to 40-50 minutes.

**Please note that we do not perform procedures for cosmetic reasons.**

Minor surgery clinics are held upstairs at Highcliffe Medical Centre. Patients have to be seen by a GP first, and if suitable, may be asked to make an appointment for Minor Surgery. It is not possible for patients to book directly in for a Minor Surgical procedure without first discussing the appropriateness of this with a GP.

### **Before Your Procedure**

Please arrange a telephone appointment with Dr Nagle or Dr Rawsthorne in advance if you have mobility problems which could result in difficulty transferring onto the examination couch and lying flat.

If you take any medication which thins your blood (such as warfarin, apixaban, rivaroxaban, edoxaban, dabigatran, aspirin, clopidogrel or other) please arrange a telephone appointment to discuss this with Dr Nagle or Dr Rawsthorne well in advance of your Minor Surgery appointment. You may be asked to stop taking this medication 48 hours before your appointment. However it is not advisable for some patients to do this, for instance those with cardiac stents, so please seek advice from the doctor first.

Please inform the doctor prior to the procedure if you have a pacemaker or are pregnant as this may affect your suitability for a Minor Surgery procedure.

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## **On the Day of Your Procedure**

You may prefer to arrange for a family member or friend to bring you to your appointment and take you home again. It is rare for patients to become unwell or be unable to drive following a procedure, but we are unable to guarantee this. Most fit and healthy patients will not have any problems continuing normal activities for the remainder of the day such as going to work or driving.

You can eat as normal on the day of your procedure.

Before your appointment please remove all metal jewellery (including necklaces, rings, bracelets etc).

Ladies, please ensure you do not wear a bra with under-wiring on the day. A soft bra is fine. The metal can affect our equipment and could potentially cause a burn in your skin.

Please note the Minor Surgery clinic is held **upstairs** at Highcliffe Medical Centre. Please enter through the side entrance labelled 'Private Clinic' and continue upstairs to the waiting area. There is a lift for patients who have difficulty climbing stairs. Please tell the Receptionist upstairs when you have arrived.

## **During the Procedure**

Dr Nagle or Dr Rawsthorne will fully explain the procedure on the day and discuss the risks and benefits with you. You will have the opportunity to ask any questions or concerns you may have. You will need to sign a consent form if you are happy to go ahead with the procedure. Please inform the doctor of any allergies you may have.

Most procedures involve a local anaesthetic injection to numb the skin. This will sting briefly but afterwards you shouldn't feel any discomfort. You may still feel a pressure sensation which is normal. We do not use general anaesthetic or sedation.

Depending on the type of procedure performed, you may have stitches to close the skin or the area may be cauterised to stop any bleeding. You may then have a dressing applied.

## **Scarring**

Please note that **all** procedures which involve cutting the skin **will** leave a scar. The degree of scarring varies from person to person and cannot be predicted. In some cases the scar could become unsightly or more prominent than the original lesion. It is important that patients are fully aware of this before they agree to the procedure. We do not undertake procedures for cosmetic reasons. Please discuss this further with the doctor if you have any concerns.

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## **After the Procedure**

The local anaesthetic may start to wear off after an hour or two and the wound may be sore for the next 24-48 hours. Simple pain relief such as paracetamol is normally sufficient to manage this.

All skin lesions that have been removed are sent to the local hospital for examination under a microscope by an expert so that a diagnosis is confirmed. This is a mandatory routine procedure. The results can take 4-6 weeks to come through. Please telephone the surgery after 4 weeks to enquire about the results. Dr Nagle or Dr Rawsthorne will contact you if there are any unexpected results.

## **Wound Care**

You may have a dressing applied after the procedure. This should usually be removed after 24-48 hours unless specified otherwise by a GP or Nurse. You should keep the wound dry for the first 48 hours. Once the dressing has been removed you can shower or bath as normal but do not soak for long periods. Carefully pat the wound dry afterwards. Do not go swimming until the wound has completely healed – please seek advice from a Nurse if you are uncertain about this.

Please monitor the wound for any signs of infection (such as redness, increased pain, pus or discharge). If you notice any of these signs please arrange a same day appointment with a Nurse.

If the wound starts bleeding please apply firm pressure with a clean towel for at least 10 minutes. If this does not stop the bleeding then seek immediate advice.

## **Stitches**

Not all procedures require stitches. If you do have stitches these will need to be removed between 7-14 days after the procedure, depending on the type of surgery you have had. The doctor will clarify this with you on the day. You will need to book an appointment with our Healthcare Assistant Karen Jones, or one of the Nurses, to have the stitches removed.