

Help & Advice

Sun Protection after the procedure

Once a mole or other lesion has been removed, you should protect the area using a sunscreen with a sun protection factor (SPF) of 30 or above for at least six months. The higher the SPF, the more protection you will have from sunburn and the sun's damaging UVA and UVB rays.

Keeping an eye on your moles

Monitoring moles is very important. If they change shape and colour, this can be the sign of a melanoma (skin cancer) forming. Look out for changes in your mole, such as it getting bigger, bleeding, changing shape, itching, changing colour or becoming patchy. If your mole shows any of these signs, see your GP immediately.

If you have any further questions please call Clinical Options on 0333 990 1860 or email info@clinicaloptions.co.uk

Clinical Options partners with local General Practitioners, operating from their own practices, to provide a high-quality private service for the removal of skin lesions. Our clinicians are all qualified doctors with specific expertise and years of experience in minor surgery.

All clinics providing this service are registered with the Care Quality Commission.

Please visit our website to review our Terms and Conditions

Minor Skin-Surgery Service

Advice on Post-Operative Wound Care

Call Clinical Options on
0333 990 1860

Calls are charged at the standard national rate

Email
info@clinicaloptions.co.uk

Visit the website for more information
www.clinicaloptions.co.uk

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Thank you for choosing Clinical Options for your minor skin-surgery procedure. Please read the following information carefully about post-operative wound care.

Possible outcomes of the procedure:

Stitch removal

Our doctors use a variety of techniques to remove skin lesions and sometimes these techniques involve stitches. During the procedure your doctor will have advised you when to make an appointment to remove any stitches.

Infection

There is a low risk of post-operative infection for this type of surgery and you will be given advice about post-operative wound care at your appointment, as well as receiving this leaflet.

It is vital that you keep the wound site clean and covered to avoid infection while it heals. Please keep your wound dry for a minimum of 48 hours, wearing a waterproof plaster if bathing or showering.

If you find your clothing rubs on the wound, keep it covered with a breathable dressing or a dry plaster.

Recurrence

There is a small risk that the lesion may return after treatment. This can occur with any lesion but is most common with epidermal or sebaceous cysts, lipomas, warts and skin tags. This will have been discussed with your doctor during the consultation, however if you have any further questions, please do not hesitate to contact Clinical Options on 0333 990 1860 or email info@clinicaloptions.co.uk

Scarring

Generally, the larger a lesion is, the harder it is to remove. There may be a scar once the wound has healed; the degree of scarring depends on your age, the size, location and type of lesion and the removal method. Any lesions on the face are treated very carefully to ensure scarring is kept to a minimum.

Most scars will be pale but occasionally they can become pigmented or darkened. Scars usually fade but can persist.

The visibility of scarring may be minimised if you adhere to the following advice:

- Apply Vaseline™ once or twice daily for 2-3 weeks after the procedure to protect the healing skin.
- You may be asked to use an antibiotic cream or silicone gel/dressing instead, depending on the site of the wound. The doctor will advise you about this after your procedure.
- If you have steri-strips/paper stitches over the wound, continue to apply them as directed for at least four weeks after removal of the sutures. This will reduce the tension on the wound and minimise scarring.
- If you have had a curettage and cautery procedure, no stitches will be needed. The wound will resemble a graze and does not require a dressing for more than 24-48 hours after which time it can be left exposed at your own discretion. This wound type is typically slower to heal than those that require stitches.

Other potential post-operative issues

If the wound bleeds later, put pressure on it with a clean tissue for 5-10 minutes. In most cases this should stop the bleeding, but more prolonged pressure may be required, including if you take aspirin or warfarin tablets. If the bleeding is profuse or prolonged, please seek medical advice.

Occasionally wounds become infected (1-2 days later). If the wound becomes very inflamed and sore, or begins to weep, you may require antibiotics. Please see your registered GP if you are concerned.

Most wounds are not painful afterwards but if you experience discomfort you may take painkillers post operatively. Consult your GP if you are unsure.

After your appointment

During the procedure your doctor will have informed you whether your lesion has been sent for laboratory examination. We will let you know the result as soon as we receive it.

We may also request feedback so that we can identify any opportunities to improve our service.

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