



**Address:** 1 Park Avenue, Solihull, West Midlands, B91 3EJ

**Tel:** 0121 704 2669, **Website:** [www.mums.me.uk](http://www.mums.me.uk)

## **Surgical Procedure Patient Information and Aftercare Leaflet**

MUMS offers the comfort of private facilities combined with high standards of care from an experienced Clinician who perform a range of procedures, including Mole Removal, Wart and Skin Tag Removal, Lump and Bump Removal and Skin Biopsy.

### **Pre-operation Information**

#### **Medication**

Certain medication may affect your surgery, so please let the doctor know and have a list of your medication ready.

#### **Blood thinners**

Blood thinners like warfarin need INR levels monitoring, and if high, the surgery may need to be postponed, as the risk of bleeding may be high.

Other blood thinners like Aspirin, Clopidogrel, do not need to be stopped, but may cause bleeding and bruising after the procedure.

#### **Pacemaker or Defibrillator**

This may affect the equipment used, but will not prevent the surgery

#### **Alcohol and Smoking**

Alcohol can increase bleeding during and after surgery, so please avoid alcohol before and after the operation.

Smoking has a negative effect on wound healing, so please avoid before and after the procedure if possible.

#### **Sports, Exercise, Holidays and Special Events**

Plan your surgery and consider the above, as swimming, sports and exercise may affect the wound healing process.

## Post-operation Information

Detailed verbal and written instructions will be given.

Follow up of wound and discussion of results will be arranged.

### The first 24 – 48 hours

When the anaesthetic wears off it is common to feel some discomfort or soreness. This usually responds to simple pain relief medication such as paracetamol and ibuprofen. The team will discuss appropriate pain relief medication for you. You should avoid aspirin, unless this is something you already take regularly for another condition.

We recommend relaxing and taking things easy for the day. Any vigorous exercise or heavy lifting can raise your blood pressure and encourage bleeding. For this reason, you should also avoid alcohol for at least 24 hours.

It is normal to see some blood staining on the dressing or around the stitches. If there is any active bleeding, sit down, press firmly onto the wound with either a clean handkerchief or tea towel, or with the gauze you have been provided with. You should apply constant pressure for 20 mins before checking if bleeding has stopped. If you have any concerns, please contact the clinic.

### What else to expect

Bruising and swelling is normal and can take a few days to fully develop. This will be slightly different for each patient and depends partly on where the site of surgery was. The bruising can take up to 2 weeks to fully settle.

Please keep the wound dry for at least 48 hours. If you wish to bath or shower after this, do not soak the area under water for a long period. Gently pat the area dry and re-apply any dressing or ointment you have been given.

The stitch line/scar will look red at first. In time this will fade though can take several months. Scars often fade in with the natural creases of the skin over time. There may be some numbness or altered sensation over the wound. This can take many months to recover, or sometimes there can be some altered sensation to the skin in the long term.

Stretching of a scar after surgery, which is called hypertrophic or keloid scar. Delay in wound healing and dehiscence (bursting of the wound) can occur but is uncommon.

### Is there anything I need to do?

We ask you to keep the area clean and dry as far as possible. Often, you will be given an ointment to rub over the stitches, and we ask you to do this twice a day. This helps to prevent infection and makes it easier to remove the stitches.

We do not routinely prescribe medication, however if you have been prescribed any other medication, such as antibiotics, by the surgeon, the reasons will be explained to you.

Often the stitches or dressings need removing in 7–14 days. The team will tell you when the best timing is in your case. If appropriate, an appointment will be made for you to return to the department for this, or you may be able to have this done at your own doctor's practice.

## **Nerve Damage**

When the area of skin removed is large, some nerves in the skin may get damaged and may result in an area of numbness or altered sensation. Surgery can affect deeper nerves in certain areas, especially the face, which can affect the muscles which are supplied by these nerves.

## **Re-pigmentation and Recurrence**

Shave excision of moles can rarely induce increased pigmentation at the excised site. This can be marked, and sun protection should be used for all scars within the first year. A pale scar is the usual end result, which is less noticeable. Similarly, partially excised moles may recur some months or years later.

## **Signs of infection to look out for**

Infection is uncommon. However, signs to look out for include the wound becoming hotter and red. There may be increased pain and swelling, and you may see some crusting or leaking from the wound. You may feel generally unwell, or hot and sweaty. If this happens, please contact MUMS, or your own doctor. Antibiotics may need to be prescribed.