**Moatfield Surgery: Minor Surgery – What to Expect**

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| **BEFORE YOUR OPERATION**  **Drugs and medication:**  Take all your medications as usual unless the GP advises you differently.  **Allergies**  PLEASE TELL THE GP PERFORMING MINOR SURGERY IF YOU HAVE HAD PREVIOUS ALLERGIC REACTIONS TO ANY LOCAL ANAESTHETIC INJECTIONS, LATEX GLOVES OR DRESSINGS.  **Holidays/Special Events:**  Be aware that stitches and or dressings will be in for up to 2 weeks. Plan your procedure date with this in mind unless it is urgent.  **Ingrowing Toenail Surgery**  If you are having an ingrowing toe nail removed, please be aware that you will need at least 2 further appointments in the following week after the procedure to have the dressing changed and to check the wound is healing. Please wear open-toed footwear to the minor operation and please do not drive yourself home after the procedure.  **Sports/Exercise:**  You should not swim, play sports or exercise whilst the stitches are in place. Depending on the size and site of the surgery you may be asked to refrain from activities that will stretch that area for a period of time (2 – 4 weeks) after the stitches have been removed. Please ask if you are not sure.  **Consent Form:**  You will be asked to sign a consent form unless you are under 16yrs when a parent or guardian must sign. This form indicates that you are aware of the procedure to be carried out, risks and potential complications.  **Undressing:**  You will be asked to remove enough clothing so that we can clearly see the part of your body. | **Local Anaesthetic:**  Most minor operations need a local anaesthetic to numb the area, which will be injected just under the area to be treated. It causes a short sharp sting. The effects last 1-2 hours.  **Pain medication:**  Most people require a painkiller afterwards and ibuprofen or paracetamol is normally sufficient. Please ensure you have a supply at home after surgery.  **Stitches or Sutures:**  For most minor operations the skin is repaired using a few dissolvable stitches that DO NOT NEED TO BE REMOVED. You may also have steri-strips (adhesive sutures) in place, you will be advised by the Doctor how long to leave these in place.  **Dressings:**  Most stitched wounds will be dressed with a dressing. You will be advised at the end of the surgery on the necessary wound care. GENERALLY THESE DRESSINGS ARE SHOWER PROOF BUT NOT ‘BATH PROOF’, you will be given a spare dressing just in case the dressing comes off.  **Biopsy samples:**  With some minor surgery procedures involving skin lesions or rashes, a biopsy will be sent for further investigation. PLEASE CONTACT YOUR GP ABOUT 3-4 WEEKS AFTER SURGERY IF YOU HAVE NOT HEARD ABOUT YOUR RESULTS.  **Further care advice**  Once you have removed the dressing, you can start massaging the scar with a non-scented moisturiser, this will help to ensure that the scar softens and flattens and the sutures dissolve. Massaging the scar should reduce the chance of long term problems, including itching and over-sensitivity along the scar line. |

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| **POSSIBLE COMPLICATIONS AFTER MINOR SURGERY**  In the vast majority of cases, there are no complications or side effects. However, we feel you should be fully informed of the minor difficulties that can sometimes occur.  **Inflammation:**  This presents as a slight redness around stitches and usually settles down when the stitches are removed. Infection: Sometimes the treated area can become infected. This gives rise to pain, swelling and redness, or there may be some pus present. If this happens you should contact the surgery and if the Surgery is closed please contact Minor Injuries Unit at the Queen Victoria Hospital.  **Bleeding/Bruising:**  Continuous pressure of 10-15 minutes is usually enough to stop bleeding. Elevation of the affected area (such as a limb or head) will also help. Very occasionally a wound may bleed sufficiently to need re-stitching or controlling. Contact us as soon as you can. If the surgery is closed please contact the Minor Injuries Unit at the Queen Victoria Hospital.  **Anaesthetic Problems:**  The adrenaline in the local anaesthetic can rarely cause a feeling of rapid heart-beat (palpitations). We can exclude the adrenaline if this has happened to you before  **Scarring:**  It is impossible to remove anything without leaving a scar. As a general rule, the length of the scar is three times the width of the lump to be removed. Stretching of the scar: A wide stretched scar can occur if it overlies a large muscle or joint, or if strapping has been removed too soon or activities that stretch the scar are resumed too early. | **Hypertrophic or Keloid Scars:**  This is an over-reaction of the fibrous tissue/scar in your skin. It does not happen immediately but develops a few weeks after surgery. Keloid scars are due to an individual’s inherent tendency to form scar tissue. They are more common on the front of the chest, upper arms and upper back, and in scars which have not been sufficiently immobilized.  **Wound breakdown:**  This is very uncommon. The most likely time for this to occur is just after the stitches have been removed or if the wound has become infected. Contact us at your earliest opportunity if this happens.  **Nerve Damage Sensation:**  When the area of skin removed is large some small nerves in the skin will be cut. This may result in a small area of numbness around the wound. Although recovery usually occurs, a permanent area of numbness may persist.  **Contact Moatfield Surgery at:**  **01342 327555**  **Moatfield.surgery@nhs.net** |