

Contact Us

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Common Skin lesions



What does the procedure involve?

The procedure for removal of a lesion (abnormal skin) or a lump is a simple procedure performed in a clinic room. The procedure involves injecting some local anaesthesia to numb the area and the lesion or lump that needs removing. This involves needle prick/s. Once the area goes numb the lesion or the lump is cut out. Mr Sridhar will ensure that there is no bleeding before closing the wound created. This may involve using special instruments including electrocautery or putting additional stitches. The wound is then closed with an appropriate skin closure technique. Some patients have dissolving stitches meaning there is no need to remove those stitches. Others will have non-dissolving stitches. This means there is a need to have the stitches taken out at a later date. Occasionally wounds are allowed to heal naturally. Some wounds are closed with paper strips across the wound. Mr Sridhar will decide the most appropriate method as required in each case.

You will be sent home with aftercare information and if necessary some surgical dressings or plasters.

How should I take care of the wound?

When you leave the clinic the wound must be dry. Once the anaesthetic wears off it may start to ooze. You may notice bloodstains on the dressing. This is normal and nothing to worry about. Sometimes it may bleed a little. If that happens pressing on the wound firmly for 10 minutes stops the bleeding and you may need to replace the dressings. If compression does not resolve the problem please call Mr Sridhar on 07729398630.

Keep the wound dry for at least 3 days as much as possible. Mr Sridhar will instruct you on this specifically if needed.

Try to avoid excessive movements of the area that had the surgery to avoid splitting the wound open.

Pain and discomfort are relative. If that happens please take regular paracetamol. Do not take anti-inflammatories like ibuprofen as this may hinder wound healing.

Increasing pain and discomfort not resolved by paracetamol could suggest infection. Contact Mr .Sridhar on 07729398630 or email your concerns at care@integura.co.uk for antibiotics and further advice.

The wound will look ugly red and raised for the first few weeks. It takes about six months for the body to bring back the edges to near normal and for the scar to fade.

If the removed lump or lesion is sent for analysis (biopsy) we will inform you of the results and with your consent send a copy of the biopsy report to your GP for their records.

If the biopsy is significant or recommends further intervention we will advise you accordingly.

When can I start swimming?

Avoid swimming for at least 10 days or until the wound is fully healed. Swimming pool water has chlorine that kills bacteria but does not kill viruses. If the wound edges are not closed properly, the virus can infect the edges causing skin warts.

When Can I go to the Gym?

This depends on the area from where the lesion/lump was removed. It is advised to avoid excessive movement of the area to prevent the wound from splitting open or resulting in an ugly scar.

Can I drive back home from the clinic?

This depends on the area of operation. It is better to avoid driving for 12 hours if the lesion/lump removed is from the arms, legs or head and neck.

What do I need to do in the skin area before the operation?

Please do not shave the skin area on the day of the procedure. The chance of infection is higher if you do so. Please do not apply lotion or creams on the skin or the area that needs the surgical procedure.

Do I need my Stitches removed

No

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Yes

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Date of Removal//