

## Patient information

### Advice Following Skin Surgery

Dermatology Department

#### Caring for your wound (please indicate).

- Keep your dressing dry and in place for as long as possible. If your dressing becomes soiled remove it and apply a clean one.

After..... days you may remove your dressing and have a bath or shower as normal. After bathing or showering always pat your wound dry. If the area catches or rubs on clothing, cover your wound with a plaster or one of the dressings given to you at the clinic.

- If you have had an elasticated stocking applied to your lower leg, you must wear this for at least 48 hours. Always remove your stocking before going to bed and replace it when you get up in the morning.
- If your wound is on your scalp, take care when brushing your hair to avoid catching the stitches. You may wash your hair gently after 48 hours, but try not to soak your wound.

#### Specific instructions:

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- 
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#### Removal of Stitches

- Yes
- Not applicable

If your wound has been closed with .....stitches, they should be removed in ..... days time.

**Please contact your local health centre on the telephone number provided for an appointment with the nurse.**

## **Bleeding**

It is normal for a small amount of blood to appear on your dressing. However, if your dressing becomes soaked with blood remove the dressing. Use a clean cloth to apply firm pressure over the wound for ten minutes.

If your wound is on your arm or leg, you should raise your limb while applying pressure. Once the bleeding has stopped, apply a fresh dressing.

**If the bleeding does not stop, please telephone the Dermatology Department of the hospital you have been treated at:**

❖ **Broadgreen Hospital**  
**Dermatology Clinic**  
**Monday – Friday 8.30am – 5pm**  
**Tel: 0151 282 6517**  
**Text phone number: 18001 0151 282 6517**

❖ **Aintree Hospital**  
**Clinic 5**  
**Monday to Friday 9am -5pm**  
**Tel: 0151 529 0353**

**Or**

**Your family doctor (GP)**

**After 5pm or the weekend please contact / attend your nearest Emergency Department (A & E).**

## **Pain**

The local anaesthetic, which was used to numb your skin, will wear off in about one to two hours. You may have a mild ache at this time. Taking regular Paracetamol or your usual painkillers should ease your pain. If the pain is not relieved with regular painkillers please contact the Dermatology Department for advice.

If the local anaesthetic has numbed your lips, avoid hot drinks until normal sensation returns.

## **Medication**

If you have been asked to stop any medication such as aspirin or warfarin before your minor surgery, this should be restarted as normal after your surgery.

## **Infection**

We advise you to keep your wound dry to reduce the likelihood of infection. If your wound becomes red, hot or more painful, this may be a sign that you have a wound infection. Please contact the Dermatology clinic or your GP for advice, as you may need antibiotics.

Do not swim until after your stitches have been removed and your wound is healed.

## **Scarring**

While we take care to lessen any scar, it is impossible to perform surgery without leaving a mark. Scars usually fade with time but this may take many months. You should avoid sport or strenuous activities that may stretch the scar for approximately six weeks after your operation. This is particularly important advice if the scar is on your back.

## **Results of the biopsy**

The skin removed during the operation will always be sent to the laboratory to be analysed. We will inform you of these results:

- At your next outpatient appointment
- By telephone appointment
- The results of your biopsy will be sent to your GP. Please make an appointment to see your GP in ..... weeks.

**If you have not had a result nor a follow-up appointment four to six weeks after your surgery, please contact your consultant's secretary to confirm the result.**

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

**If you require any further information please contact the Dermatology department of the Hospital you have been treated at**

❖ **Broadgreen Hospital**  
**Dermatology Clinic**  
**Tel: 0151 282 6517**  
**Text phone number: 18001 0151 706 6517**

❖ **Aintree Hospital**  
**Clinic 5**  
**Tel: 0151 529 0353**

**Author: Dermatology Department**  
**Review date: May 2026**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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