

REMOVAL OF YOUR SKIN LESION

Please read this sheet carefully before coming for removal of your skin lesion. It has important information to help you with planning for before and after the procedure.

YOUR SKIN LESION

Your skin lesion needs to be removed (excised) because we are concerned it is a type of skin cancer. The most common types of skin cancer are melanoma, basal cell carcinoma, and squamous cell carcinoma. The good news is that in most cases, removal of the lesion is all that is required to treat it.

BEFORE THE PROCEDURE

Medication

Please continue any regular medication as prescribed. If you take any “blood thinning” medication (e.g, aspirin, warfarin, dabigatran, clopidogrel) please discuss it with your doctor, and unless advised otherwise, please continue to take it as usual.

Driving

If you are having a lesion removed from your leg or from around your eye, you may need a family member or friend to drive you home following your surgery, so please plan around this.

ON THE DAY / MINOR SURGERY

On the day of surgery, we will discuss your procedure in detail, answer any questions, and complete a consent form.

Your skin lesion will then be removed under local anaesthetic. This is an injection to numb the skin and make the procedure painless. Once the lesion has been removed, the wound will usually be closed with sutures (stitches) and a dressing will be applied.

AFTER THE PROCEDURE

Wound care & dressings

Your wound will have a dressing on usually for a week or longer. We will discuss wound and dressing care in detail with you on the day, and provide you with a separate wound care information sheet.

Removal of sutures

Your sutures will need to be removed after 1-2 weeks (you will be advised of the specific timing), so please make sure you are available to see the clinic nurse for this when needed. If you live out of town, it may be possible to have the sutures out at your local GP practice or other suitable clinic.

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Rest

Following your surgery, it is important to rest as much as possible for a week or more. This enables the wound to heal, and helps to avoid any complications.

- Exercise (e.g. golf, tennis, swimming) and other strenuous activities are best avoided.
- If your work involves heavy labour, you may need to have a few days off or do light duties, so please consider this when scheduling the day of your surgery.
- If you have had surgery on your leg, you will need to keep the leg elevated as much as possible, and may have to avoid driving for a short time.

Support

If you have had a larger procedure, and depending on your situation, you may need extra help and support at home. Please consider this and involve family members as well.

Results

Once removed, your skin lesion will be sent to the pathology lab for assessment. We will receive a detailed report back approximately one week later, and will discuss these results when you come back for removal of your sutures.

There will be plenty of time for discussion and to answer any questions on the day. However, if you have any urgent questions or concerns, please phone our clinic nurse on the number above.