

SKIN SURGERY:

Excision of Lesion (Skin Graft and/or Local Flap)

What to Expect

OPERATION DURATION

This operation can be performed under local anaesthetic, sedation or general anaesthetic and usually takes 45 minutes to 1 hour.

HOSPITAL STAY

This surgery will normally be a day procedure and therefore you will not be required to stay overnight.

Our specialist nurse will follow up with you on the phone once you have been discharged. You will also be given her direct contact number. Feel free to phone or message her 9 am - 5 pm, 7 days a week, if you have any questions or concerns.

HOW LONG SHOULD YOU BOOK OFF WORK

This depends on your profession - If you work in an office or non-strenuous job, please allow 3 days. However, if you have a physically demanding job this will be dependent on the type of work. Your specific requirements will be discussed with you on an individual basis.

Please email admin@drduncantaylor.com.au if you require a medical certificate.

What Complications May Occur After This Procedure?

GENERAL POSSIBLE COMPLICATIONS OF ANY PROCEDURE

- Bleeding
- Infection at surgical site
- Allergic reaction to the equipment, materials or medication

SPECIFIC POSSIBLE COMPLICATIONS OF THIS PROCEDURE

- Wound breakdown
- Skin graft failure
- Damage to nerves that supply your skin resulting in altered sensation
- Incomplete margins, which may require a follow up procedure

CONSEQUENCES OF THIS PROCEDURE

- Scarring at location of lesion and donor site (if skin graft required)
- Mild discomfort, bruising and swelling (temporary)

How to Prepare for Your Procedure

FASTING

If you are having local anaesthetic only:
You do not need to fast.

If you are having a General Anaesthesia or Sedation (Twilight) Anaesthesia:

You cannot have any food or fluids (including lollies, chewing gum) 6 hours prior to your surgery.

You can have some sips of water only up to 2 hours prior to your surgery and then nothing at all after this time.

If you take regular medication, please check with our nurse to see if you should be taking your medication in the lead up to/ on the day of your surgery. Some medications should be withheld.

MORNING OF SURGERY

You will be asked to arrive at the hospital approximately 2 hours prior to your surgery start time. Our Practice Manager will email you your admission information, which will include time and where to go, 1-2 weeks prior to your surgery date.

PRE-OP WASH

Please purchase a pre-op chlorhexidine wash from the pharmacy. Use this whilst showering, the night before and the morning of your surgery.

Post-Operative Instructions

ACTIVITY

You can get up and move the same day after your surgery, once you have recovered from your general anaesthetic.

You can not drive for 24 hours after a General Anaesthetic or sedation and you will need to have someone staying in the same house with you, the night of your surgery.

Please do not do any physical activity that involves this area of your body for 3 weeks, after this you can ease back into your usual activities.

If you are unsure, please ask our nurse.

PAIN RELIEF

You may have had a local anaesthetic injection into the wound. The numbness will last approximately 4 hours.

If you are requiring pain relief once this wears off please take simple analgesia i.e.. paracetamol and/or ibuprofen.

Do not take aspirin.

If the area is on your lip/mouth, please avoid hot drinks whilst the area is numb to avoid any injury.

If you have severe pain not responding to the pain relief, please phone our nurse during office hours.

ANTIBIOTICS

In some instances you may be given a 5 days course of oral antibiotics. Please take the full course if they are prescribed.

BLEEDING

If the wound starts to bleed, please apply firm pressure for 15 minutes. If a dressing is in place, please do this over the top of the dressing (do not remove the dressing).

This should control the bleeding. However, if it is not easily controlled or does not subside, please phone our nurse specialist during working hours, go to an after-hours GP clinic or visit an emergency department.

INFECTION

If your wound becomes hot, swollen, oozes pus or you are spiking temperatures the wound may be infected. Please phone our nurse immediately within business hours or attend your GP, after hours GP or Emergency.

WOUND CARE & DRESSING CARE

If you have a dressing applied, please leave it intact until you come to the clinic, unless advised otherwise. Try to keep the area dry. You may need to tape a plastic bag around your hand or arm when in the shower. If the dressing falls off, you can apply another simple dressing to keep the area covered.

If the wound is on a limb (i.e. hand or foot) keep the site elevated when possible to prevent swelling.

Do not immerse the wound in water i.e. swimming or bathing for 6 weeks.
Please do not put ice packs directly on your wounds.

REMOVAL OF SUTURES

Any sutures that require removal will be done so at your nurse clinic appointment. Depending on the wound, this will be between 1 - 2 weeks post surgery.

HISTOPATHOLOGY RESULTS

The lesion will be sent to histopathology for testing. The results of these tests take approximately 5-7 days.

During your nurse clinic appointment, you will be informed if the results show clear margins or if a follow up appointment with Dr Taylor will be required to discuss your histopathology results.

MASSAGING FOR SCAR REDUCTION

Commence massaging your scars once your dressings are removed and wounds have healed – approximately 3 weeks post-op.

It is recommended that you massage your scars with emollient, Vaseline or silicone ointment for 2 minutes, 2-3 times per day. Continue this for 3-6 months.

Follow Up

Our nurse will phone you after your discharge to check on you.

If you are concerned at all or have any questions, please phone or message our nurse between 9am - 5pm.

Follow up appointments:

- 5-10 days after your procedure post surgery wound check in our nurse clinic.
- 6 weeks post surgery review in Dr Duncan Taylor's day clinic.

If you have any questions please contact us:

Phone (08) 9439 7406 | **Fax** 08 6266 3751

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For more information visit drduncantaylor.com.au