

Healthier Communities,
Outstanding Care



Sherwood Forest Hospitals
NHS Foundation Trust

Excision of skin lesion

Information for patients

Introduction

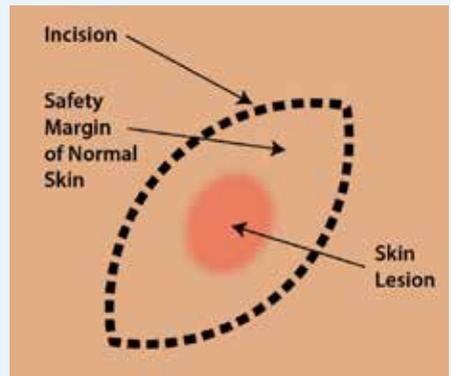
The Covid pandemic has had a significant impact on the NHS' ability to provide routine elective services. We recognise that patients are waiting longer than we all would like. It is not always possible to identify when treatment will take place. We sincerely apologise for any delay to your treatment. This document will provide you with more information on how you can support yourself while you are waiting for an excision of a skin lesion.

What are skin lesions?

Skin lesions are areas of abnormal cells grouped together somewhere on the surface of the skin. There are many different types of lesions – simple, benign growths which may be unsightly, infected, or get in the way of your clothes or spectacles etc. and other growths that may be types of skin cancers.

When the skin lesion is excised, the whole lesion will be cut out and removed. It's usually done under local anaesthesia to block any pain. Your doctor uses a surgical blade to remove the whole lesion, as well as some normal skin around the edge. The procedure will take between 30 and 60 minutes.

Once the lesion is removed it can be analysed under a microscope and an accurate diagnosis made. Your specialist will discuss the choices with you and agree the best treatment plan with you when you are seen in the clinic.



Guidance for patients

Alternative options may be suggested by your health professional to support you while you are awaiting your treatment.

Further information about your procedure can be found on the following websites:

- www.bad.org.uk/patient-information-leaflets/
- www.dermnetnz.org/topics/excision-of-skin-lesions

Please see our general health guidance on how to stay healthy whilst you wait for your procedure at: www.myplannedcare.nhs.uk/mids/sherwood-forest.

Benefits of this include:

- Enhance recovery following treatment.
- Reduce post-op complications.
- Improve fitness.
- Improve nutritional health.
- Enhance quality of life.

How can I help manage my symptoms?

Please continue to take any medication that you have been prescribed for your condition, as well as any prescribed to manage your symptoms, such as pain.

It is very important that you let your specialist know if you are taking aspirin, warfarin, clopidogrel or any other blood thinning medicine.

Consent and decision making

It is important that you are involved in decisions about your care. Consent is a patient's agreement for a health professional to provide care. You will be asked to sign a consent form to say you agree to have treatment and understand what it involves.

You have a right to withdraw from treatment at any time, even after you have signed a form. It is your choice. Please ask as many questions as you like if you have any concerns.

Further information on consent please see www.nhs.uk/conditions/consent-to-treatment/

Contact us

Telephone: 01623 622515, extension 3117 or 3191.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202309-01-ESL
Created: September 2023 / Review Date: September 2025