

Skin Lesion removal—your appointment



This information sheet is to help those considering the removal of a skin lesion. It will give you an idea of what to expect.

Surgery to remove a skin lesion is a quick and straight-forward procedure. The majority of lumps we remove are harmless and are being treated for minor reasons.

Before your appointment

Ensure you are fit and well. If you do smoke, try and give up before your appointment as smoking increases the risk of infection and slows the healing process. Please let us know what medication you are taking and especially if you are taking Warfarin or Aspirin.

Discussion with the Doctor

The doctor will ask you questions about your lesion. These may include how long it has been there, whether it has increased in size and details about how it affects your daily life. The doctor will also ask about your general health, your past medical history and the medication you are taking currently. Please come with this Information. It is quite understandable that you may feel a little anxious so if you have any questions when you

arrive, please feel free to ask them to gain reassurance.

Before your procedure you should understand the nature and purpose of the operation and the complications which can occur including the extent of scarring. For operations on the face or sensitive areas you must be clear that you wish to have the procedure and are aware of the likely scarring that will occur.

The Procedure

You will be awake throughout your operation and usually can ask questions while it is taking place. You will feel a stinging from the local anaesthetic injection. The anaesthetic will wear off after a few hours and you may wish to take paracetamol (not aspirin) if you have any discomfort. Discomfort is usually mild for the minor procedures we perform. Worsening pain after 24 hours suggests an infection.

Instruments used for the procedure are sent to a local hospital to be professionally sterilized. Alternatively some clinicians use disposable instruments. There is an extremely low rate of post operative infection for this type of surgery. Although your lesion does not represent a danger to your health, we will send it for examination and let you and your GP know the result.

After the Procedure

If the procedure involved cutting, you may have stitches that will need to be removed after a number of days at your own surgery. Please make an appointment with them.

We use local anaesthetic only and you should be able to drive home afterwards and resume light activities the following day. We advise against strenuous activity for a few days after the operation however and advise you to keep the wound clean to reduce the risk of infection and bleeding. If your wound does bleed it is usually stopped by applying firm pressure over the bleeding site for 15 minutes. If bleeding is profuse or difficult to stop contact your surgery. The risk of bleeding increases if you are taking warfarin or aspirin.

Most scars will be pale but occasionally they can become pigmented or darkened. This will usually fade but can persist. The degree of scarring depends on your age, where the lesion is and whether there is infection.

The lesion may return after treatment. This can occur with any lesion but is most common with epidermal or sebaceous cysts and lipomas especially if it has been difficult to ensure complete removal.

The Clinical Team

Dr. Lucinda Bench

Qualified London 1985.

GP and clinical lead for Dermatology and Minor Surgery at Westbury-on-Trym practice.

Clinical Assistant in Dermatology at Southmead Hospital where also performs skin surgery. Diploma in Practical Dermatology from Cardiff University 2002.

Provides cryotherapy & electrocautery in addition to minor surgery

Dr. Diana Bloss

Qualified Liverpool 1990.

GP at Brockway Medical Centre providing minor surgery since 1998.

Hospital practitioner in Dermatology at BRI since 2000.

Provides cryotherapy, electro-cautery and electrodesiccation in addition to minor surgery. Diploma in Practical Dermatology from Cardiff University 2001.

Dr. Jon Rees

Qualified Bristol 1995.

Worked as a surgical trainee for 6 years in hospital practice, becoming Member of Royal College of Surgeons in 1999.

GP since 2003 working in Backwell and Nailsea offering a wide range of minor surgical procedures, specializing particularly in surgical excisions.

Dr. Karl Stainer

Qualified Bristol 1988

GP at Fallodon Way Medical Centre providing minor surgery since 1994.

In addition to surgical excision can also provide cryotherapy, electrocautery or electrodesiccation treatments.



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Minor skin surgery

What to expect . . .



Information Leaflet