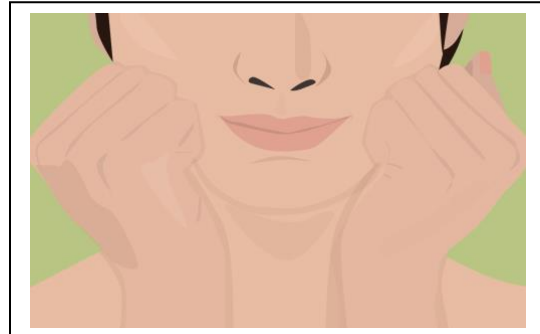


## GENERAL ADVICE FOR MINOR SKIN SURGERY.

### ON THE DAY OF SURGERY

- If the surgery is being performed on the face, please do not apply make-up before.
- To operate on some skin conditions or certain areas, you will be asked to apply a local anaesthetic cream – please follow the directions given at the time of your skin consultation
- Please ensure you have had something to eat and drink before your surgery.
- You will have to sign a consent form; please bring reading glasses with you, if you use them



### ON THE DAY AFTER SURGERY

- Dressings are not always applied after skin surgery; if one is put on your skin, advice will be given as to how long it needs to stay in place and whether it needs to be replaced after the initial one is removed
- After 4 hours, you can wash your skin as normal and wear make-up
- Please apply an antiseptic cream to the wound twice daily in the week following surgery. This will help with healing and may also be beneficial if the wound starts to itch

### WOUND HEALING

- Wound healing is dependent on several factors including:
  - the size and location on your body (your face, head and neck heals the quickest and your feet and legs the slowest – this is because of the natural blood flow to your individual body parts)
  - the type of treatment undertaken (cautery is slower than a wound that has been stitched)
  - your age and skin condition
- Wounds treated by cautery are effectively a burn.
  - When you leave the surgery, the wound has been sealed
  - Over the next few days the scab created by the cautery process will either thicken, or fall off and be replaced by a much thicker protective scab. Sometimes this scab can appear yellow when it is first forming (this is not infection but a natural part of the process)
  - It will take approximately 3-4 weeks for the thick scab to fall off and a total of 12-16 weeks for the area to fade in colour and considered to be fully healed

- Wounds that have been stitched
  - When you leave the surgery, the edges of the wound have been pulling together by a nylon stitch and you will usually have a dressing in place
  - The stitches need to remain in place between 5-10 days depending on the location on your body and the size of the wound. Facial stitches tend to be removed after 5 days to reduce scarring as the face heals quickly. Sometimes this will be longer if the wound is in a place that will move vigorously such as the jaw and chin
  - Nylon sutures are not dissolvable and you will need to return to the practice for the removal
  - It will take approximately 1-2 weeks for the wound to be fully healed but full results will not be seen for a total of 12-16 weeks as the area will continue to pull together and fade in colour.
  
- If you have any queries about your wound healing, please contact the practice for advice
- If the wound changes and becomes red, hot, painful to touch, swollen, smells or has a yellow-green ooze, please contact the practice urgently

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### GOOD SKIN CARE PRACTICES

- Exfoliation and a good moisturizer are essential to promote healthy skin and can help in removing minor blemishes and controlling larger areas
- Expensive products are not necessarily the best - a bar of soap and exfoliating gloves/sponge are generally the best way to cleanse your skin and a gentle moisturizer that suits your skin type will provide as much benefit as an expensive one. Try to avoid heavily fragranced products and choose those with a natural base where possible
- As we age, the rate at which our skin is regenerated becomes much slower (as a general guide after your 35<sup>th</sup> birthday, your skin takes the same amount of days as you are years old to repair).
- Exfoliation is good for your skin because it:
  - Removes dead skin cells
  - Increases the blood supply to the skin basement membranes which hydrates the skin, leaving it plumper and brighter
  - Unclogs the pores reducing the likelihood of spots, pimples and blackheads
  - Smooths the ridges making the skin look and feel softer
  - Keeps the skin looking younger and healthier
- Exfoliation should be done between 1-3 times per week
- Moisturizing has the best effect when it is done daily