novus health

NHS

Physical Health

Dermatology - Basal Cell Carcinoma (BCC)

Post-Surgery Information Leaflet

Get better Stay better

How should I look after my wound area?

Please leave any dressing on your wound(s) for ☐ days. It is very important to keep the dressing dry for this period of time.

If Steri-strips were applied please remove after ☐ days.

If possible, have showers rather than baths so that your wound does not soak in water. Only have a bath if you can keep your wound out of the water. After removal of the dressing gently wash the wound with water. Gently pat your wound dry.

Once all dressings are removed we recommend you apply a thin layer of newly opened, yellow soft paraffin (Vaseline), or antibiotic ointment (if it has been prescribed for you) directly over your sutures with a clean fingers. This will help to keep your wound clean and moist and will prevent scabs from forming. Please ensure you wash your hands every time this is applied to the area.

If you feel the wound is rubbing or catching on your clothes please apply a dressing over the wound. Your local Pharmacist will be able to help you with a selection of dressings.

If you have had surgery on your face, do not wear make-up over the scar until it has fully healed.

Any additional instructions

For wounds with sutures

Please make an appointment with your GP Practice Nurse to have your sutures removed after ☐ days

Phone your GP practice as soon as possible to book an appointment with them.

An appointment has been arranged for your surface sutures to be removed at Sandal Castle Medical Centre in ☐ days

Day and date: Time:

Your surface sutures will dissolve and do not need to be removed. Please note it can take a few weeks for your suture to dissolve.

As your skin heals, it is natural for your wound to itch - this is part of the healing process. If your sutures cause you pain or discomfort, contact the Novus Health or your GP for advice.

Signs of infection - what to look out for

It is expected that your wound will be slightly red and tender to touch for the first couple of days after your surgery, but if the wound becomes very painful, very hot, red and swollen with a yellow coloured discharge, please contact your GP or Novus Health as soon as possible. These may be signs of infection and you may need antibiotics.

Bleeding / Bruising / Swelling

Bleeding can occur following surgery. To reduce this possibility, please follow these instructions:

- No physical activity for 48 hours
- Avoid taking blood thinners, aspirin or ibuprofen based products for 48 hours after surgery unless advised by your Doctor to continue them
- Avoid alcoholic beverages for 24 hours
- If you are on Warfarin the Surgeon or Nurse will advise when to restart this

It is unlikely that your wound will bleed, but if this happens, don't panic. Sit down and press firmly on the dressing for 20 minutes. If the bleeding persists or you are at all worried, please Novus Health and they will advise you on how to care for your wound and if you need to be seen.

In the very unlikely event you have bleeding that you cannot stop, please go to your local A&E department.

You may experience some localised swelling and bruising, which may not be at its worst until three to four days after surgery. Swelling and bruising localised to the wound is normal and should improve within a week to 10 days.

Pain

The local anaesthetic will begin to wear off about one to two hours after the procedure. If you experience any pain you may take pain relief. Please take as directed on the instructions. Avoid aspirin or ibuprofen based products, unless prescribed as a regular medication by your GP. Please follow the instructions on the packet and consult your Pharmacist if you have any queries or allergies.

Always read your medication instructions. If you are unsure, speak to your Pharmacist or GP.

Exercise

Try to avoid any strenuous exercise and exertion, which may cause your wound to stretch. No running or heavy physical activities are recommended until your surgeon advises. If you have any concerns, please discuss with your GP.

Results

All specimens are sent for pathology testing to confirm the result, the report may take up to 2-3 weeks to be processed by the lab, the result is then sent back to Novus Health to be reviewed by one of our Consultant Plastic Surgeons. If your sample result comes back as expected and no further treatment is required then you will be informed by letter. Please note you may be required to attend another appointment with the surgeon for a more detailed discussion if further treatment is required.

Please note our receptionists are not able to give you your results over the telephone.

Scar massage

Please ask your Surgeon if scar massage is right for you.

In many cases, scar massage can be started about two to three weeks after the procedure. It can help the scar heal more quickly and reduce its appearance. Ask the surgeon to show you how to massage your scar.

Scar massage can also help prevent scar tissue from adhesion, or sticking to the muscles, tendons, and other things beneath your skin. In general, use a slow, circular motion to massage the skin around your scar. Use firm pressure, but do not pull or tear at the skin. Moisturise and massage 3-4 times a day for 5-10 minutes.

Sun exposure

The skin that forms as a scar is very delicate. Avoid sun exposure and apply sunscreen to help keep the scar from burning and minimise discoloration at all times. Use a high Sun Protection Factor (SPF) sunscreen of 30 or above to help protect all of your exposed skin.

Our Vision

"To be recognised for our commitment to improving health care services for the local community, developing our range of locally accessed services and excelling in quality, safety and patient experience"

This vision is underpinned by a series of more specific strategic aims

- Improving the safety and clinical quality of our services
- Improving the experience for the patients that we treat, as well as their carers and families
- Developing the range of services we provide and developing the integration of services between primary and secondary care
- Delivering services closer to peoples' homes, with continually improved access to treatment times
- Developing our organisation and workforce
- Continually improving the financial stability of the organisation to enable us to re-invest in new services
- Supporting local GP networks to develop and deliver services

Patients are referred to Novus Health by their GPs using the 'e-Referral' system.

Contact us

If you have any comments, complaints or just want to know more about the services we provide, please contact us on 01924 898784.