

## What is a Skin Lesion?

A skin lesion is a part of the skin that has an abnormal growth or appearance compared to the skin around it.

Two categories of skin lesions exist: primary and secondary. Primary skin lesions are abnormal skin conditions present at birth or acquired over a person's lifetime.

Secondary skin lesions are the result of irritated or manipulated primary skin lesions. For example, if someone scratches a mole until it bleeds, the resulting lesion, a crust, is now a secondary skin lesion.

## Types of skin lesion

- Moles
- Dermatofibroma
- Actinic keratosis
- Seborrheic keratosis
- Keratoacanthoma
- Keratoacanthomas
- Skin tags
- Pyogenic granuloma
- Sebaceous cysts
- Warts

## Benefits of having my skin lesion removed

Skin lesions are excised (removed) in an attempt to fully remove skin lesions such as moles, cysts, lipomas (fatty lumps) and skin cancers. Most lesions are benign (noncancerous) but you may want to have them removed due to them being painful or unsightly.

## Complete excision (excision biopsy)

This is a type of skin biopsy, in which the whole skin lesion is cut out and removed. It's the standard way to remove a lesion where there is any possibility that it might be cancerous. You'll usually have a local anaesthetic before a skin biopsy, which will block any pain. Your doctor will then use a surgical blade to remove the whole lesion, plus a margin of 'normal' skin around the edge.

## Aftercare for skin lesion removal

You'll be able to go home as soon as you feel ready. Your doctor or nurse will give you some advice about caring for your wound before you go home. If you have had stitches your nurse will advise on when to have these removed, you will need to arrange to have these removed at your Gp practice by the practice nurse.

If you've had a local anaesthetic to remove your skin lesion, it may take an hour or two before the feeling comes back. Take special care not to bump or knock the affected area, and don't have hot drinks if you've had anaesthetics around your mouth. Your wound may feel tender and sore after the anaesthetic has worn off.

## Histology Test

The lesion (piece of skin), which has been removed will be sent to the Pathology Department to be assessed. The results will be sent by letter to your GP.

## Healing time

It can take up to three weeks for your wound to heal. If you have had stitches your nurse will advise on when to have these removed, you will need to arrange to have these removed at your Gp practice with the practice nurse.

## Possible Complications

It is unusual for this procedure to restrict any daily activities however any surgical procedure can result in complications:

- Pain
- Bleeding
- Infection of the surgical site (wound)
- Scarring
- Wound breakdown (skin fails to heal)
- Recurrence

## After Surgery

You have had a local anaesthetic for the excision of a skin lesion. The area will be numb for a short time and then a gentle throbbing sensation may be felt as the local anaesthetic wears off. If you experience any pain a mild painkiller such as paracetamol can be taken.

Avoid heavy lifting or stretching of wound. The wound should be kept clean and dry.

## What should I do if I have a problem?

If you experience severe pain, excessive swelling, inflammation or discharge contact either your GP, diall 111 or visit your nearest Urgent treatment center.

## Alternatives to Surgery

Creams for superficial lesions, radiotherapy, laser therapy and cryosurgery are some of the other options available.

Sometimes a combination of treatments may be used. Your surgeon will discuss these alternative treatment options with you where appropriate.

## When can I return to work?

Your own circumstances will determine when you feel ready to go back to work. If you have an office-type job it may be sooner. If your job requires a lot of walking or is strenuous then you may need 2-3 weeks off work.

Patients can self-certificate for sick leave for 7 days. If you require a sick certificate please ask your surgeon on the day of surgery.

## When can I return to driving?

You must be free of pain and it will also depend on where you had your surgery. We do not advise that you drive for at least 2 weeks and you should arrange to have someone bring you to your appointment.

If you are unsure, contact your GP for further advice and also check with your insurance company.



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## Excision of Skin Lesion

### Information Leaflet



## Bring Healthcare Closer to Home

Community Surgical Scheme

Telephone: (01507) 631297

Mon - Fri

Between 09:00 and 17:00