

## Department of Dermatology

### Advice to patients following Mohs/Dermatology surgical procedures

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- Please attend our department in \_\_\_\_\_ days for a wound check +/- removal of your sutures.
  
- Please make an appointment for the Practice Nurse at your General Practitioner's surgery to have your sutures removed in \_\_\_\_\_ days.
  
- Your stitches are absorbable and do not need to be removed.

### Local anaesthetic and pain relief

The effects of the local anaesthetic you were given will wear off in 1 to 2 hours. If the wound site is uncomfortable, take two Paracetamol tablets for pain relief and, if required, every six hours thereafter.

### How to care for your wound

- Please keep the wound dry for 48 hours. Initially keep the wound covered with a breathable dressing. After 48 hours remove the dressing and leave the wound uncovered unless clothing irritates it. Once the dressing is removed the wound can get wet in the bath or shower. Remove any dried up blood or crust with a wet cotton bud. Apply yellow soft paraffin ointment two to three times daily to the wound.
- You have had a skin graft and the dressing should remain in place until you are seen again for a wound check in our department.
  
  - Your surgical wound has been left to heal by secondary intention. Please keep the wound covered by the dressing until you are seen for a wound check.

### What to avoid

Avoid swimming, heavy lifting and sports while your stitches are in. If the wound is on your face please avoid foods that require a lot of chewing for the first 48 hours. Take care also for a few weeks after suture removal as the skin surrounding your wound site will take 6 to 8 weeks to regain its strength. In some cases exercise soon after surgery could cause stretching of the wound site and subsequent bleeding, or a poor cosmetic outcome.

## **What to do if there are problems with the wound**

If the wound bleeds, press constantly with a clean tissue or swab for 10 minutes. Please do not lift the tissue or swab to check if the bleeding has stopped until the full 10 minutes has passed. If the bleeding does not stop, please telephone the number below (Monday to Friday, 9am to 5pm). If the problem arises out with these times contact your own General Practitioner, NHS 24 or go the Accident and Emergency Department.

Department of Dermatology  
Lauriston Building  
Lauriston Place  
Edinburgh  
EH3 9HA

Nurses' Station      **0131 536 2068**

If you have any concerns about your wound post-operatively, please contact us on the number above during office hours. If you have any wound complications that are managed elsewhere, please telephone to let us know, as we may still want to see you.

## **Your results**

The results of your biopsy will be sent to you and your General Practitioner in 6 to 12 weeks time. If further treatment is needed we will arrange this. If after 14 weeks you have not been contacted about your results, please contact our department.