

## Dr. Nevianna Tomson - Consultant Dermatologist

### Patient Information Leaflet

Dr Tomson performs skin surgery at the BMI Healthcare hospital in Bury St Edmunds. All operations are undertaken as an outpatient procedure (i.e. you do not need to stay in hospital overnight) and are under local anaesthetic. Some operations may be performed on the same day as your clinic appointment. The local anaesthetic is injected into the area being operated on to numb it during the procedure and wears off after 2 - 3 hours. You will not feel any pain during the procedure but some discomfort may be experienced after the local anaesthetic wears off.

#### Before Surgery

- Dr Tomson will personally explain the procedure to you, including benefits and risks. You will have the opportunity to ask any questions before signing the consent form.
- If possible, please avoid aspirin, ibuprofen and naproxen for 10 days prior to skin surgery.
- Please do not smoke or consume alcohol on the day of your procedure.
- A nurse will assist and chaperone Dr Tomson throughout all procedures.
- You may be accompanied by a relative or friend during some minor procedures if you wish. However, larger procedures (e.g. excision of moles or skin cancers) are performed in the Day Surgery Theatres and accompanying persons are not allowed in order to preserve a sterile environment.
- If you have any specific questions or concerns please discuss with Dr Tomson prior to any procedure.

#### After Surgery

- If necessary, you may take paracetamol tablets every 6 hours once the local anaesthetic has worn off.
- Stitches can be removed at your GP surgery, by the practice nurse.
- Stitches are usually removed after 5 - 7 days if the operation is on the scalp, face or neck and in 10 days if on the body, arms or legs.
- Sometimes a heat treatment (known as a cautery) is applied to stop the bleeding, in which case you may not have any stitches.
- **All skin operations will leave a scar.**