

PROCEDURE INFORMATION

SKIN EXCISION, PUNCH OR SHAVE BIOPSY

Your doctor has requested you book in for a skin excision, punch, or shave biopsy.

How does it work?

A skin excision is a simple, safe, and effective way of removing skin cancers, cysts, or other growths. Under local anaesthesia, a margin of skin is incised around the lesion. In order to facilitate the repair, it is usually made in the shape of a football, so after sutures are placed, the scar can be in the shape of a line. The skin sample, containing the lesion of concern is then sent to a pathologist to ensure it has been removed completely.

A punch or shave biopsy may be performed on suspicious spots to help make a diagnosis and coordinate treatment options. This is performed under a local anaesthetic where a skin sample is taken and sent to a pathologist. A suture may be used to close the biopsy site if needed.

What is the cost?

Your doctor will charge a consultation fee and there will be an additional out of pocket procedural fee payable on the day.

Before the procedure.

Before your procedure the doctor will discuss:

- the type and size of your skin lesion.
- any possible alternative options for treatment.
- your current medications and surgical risk (patients continue any blood-thinners).
- the procedure and aftercare in detail.

The Day of the procedure and Aftercare.

The sutured skin is fragile after a skin excision. You should expect to relax the rest of the day and not subject the wound to any activity depending on the site for approximately a week. This will help ensure you obtain the best possible surgical and cosmetic outcome. No working out, heavy lifting, running, stretching, golf, swimming—basically anything that will subject the wound to tension or excessive movement; walking, desk work, and basic life activities are fine. Please

consider this when you make your appointment, you may wish to avoid scheduling around important events (vacations, golf tournaments, skiing, etc.)

- You will be given specific wound care instructions.

You will be given instructions on how to take care of your surgical site.

- For excisions, sutures will be used, and you will be required to attend a follow up visit to remove the sutures. Your doctor will let you know when to make this appointment.

Relief of pain

The local anaesthetic that you have will wear off in 1-2 hours. You may need to take some simple pain relief, e.g., Paracetamol as directed by the manufacturer's packet. Aspirin should be avoided as it increases the risk of post-operative bleeding.

Bleeding

To stop using the implant it needs to be removed by a trained health professional in this procedure. Before removal, the area of skin will be cleaned and numbed with local anaesthetic. A small cut to the skin over the top of the implant is made to find the tip and then it is removed.

Stitches

Stitches will normally be removed in 5-14 days depending on the site. Your doctor will let you know when to make this appointment.

Bathing

Bathing should be avoided for the first 48 hours. If the dressing becomes wet, it should be removed. A wet dressing increases the risk of infection.

The pathology results

This is normally available about a week after the sample has been taken. Please call the clinic to check to see if the doctor would like to see you to discuss the results.

Complications

The signs of infection can be any of the following:

- Increasing pain at the site
- Swelling
- Redness
- A pus-like discharge
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If you are concerned about any of the above, call the practice on 9716 2207 and speak to the practice nurse. She can assess your concerns and organise an appointment with the doctor if needed.