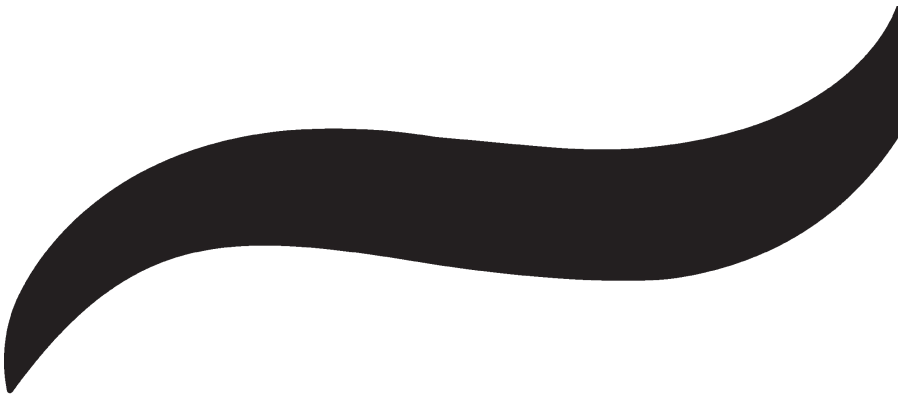




Local Anaesthetic Procedures

Information for patients
Department of Plastic Surgery
University Hospital Wishaw



Outpatient local anaesthetic (OPLA) surgery is a relatively painless and a fairly quick procedure. The procedures generally take between 30 to 60 minutes but you may be in the hospital for up to four hours.

PREPARING FOR YOUR APPOINTMENT

Please remove jewellery prior to attending the hospital appointment and do not apply make up on the day of your surgery.

You should not drive yourself home on the day of your surgery, so please make arrangements for someone else to drive you home, if you attend by car.

YOUR PROCEDURE

The procedure is carried out using local anaesthetic. This is an injection given around the site of the operation (similar to that used by Dentists). If you have any allergies or have had a bad reaction to local anaesthetic in the past it is very important that you inform us. The local anaesthetic stings a little initially. You should not be able to feel any pain during the procedure but may be aware of a sensation of pressure. If you do feel pain during the procedure please inform the Plastic Surgeon or Nurse Practitioner immediately.

Most of the plastic surgery carried out under local anaesthetic involves removal of skin cancers or benign lumps and bumps. Once the lesion has been removed the skin will be closed using a few stitches. The stitches will be removed at a time specified by the Plastic Surgeon (usually one week). In some instances the wound will be closed with stitches which absorb, so they do not need to be removed. Your wound will still need to be checked at a time specified in your post-operative instructions. Some wounds which cannot be closed directly require more lengthy surgery. The Plastic Surgeon will discuss these reconstructive options with you where required.

LABORATORY TESTING

Any lumps and bumps, or tissue samples that are removed may be sent to the Pathology Laboratory for examination. Reports on the examination may take several weeks to finalise before being sent to the Plastic Surgeon. Your Plastic Surgeon will discuss the results with you at your outpatient follow-up appointment.

AFTER YOUR PROCEDURE

Pain Relief

The local anaesthetic effect lasts for approximately 2-4 hours. If your wound becomes painful as the local anaesthetic wears off, you should take a recommended dose of paracetamol.

Wound Care

The wound may be dressed after your procedure. This dressing should be kept clean and dry and left in place for the duration specified in your post-operative discharge instructions. If the stitches get wet, they may be liable to come out and may get infected. Avoid any activities which might pull the wound apart.

Complications

If bleeding occurs, apply continuous pressure by placing a folded clean handkerchief over the area for 20 mins. If bleeding persists contact the Plastic Surgery Department.

The wound may be painful for 24-48 hours but this should reduce. If your wound becomes increasingly painful, becomes red or starts to discharge pus please contact the Plastic Surgery Department as soon as possible as these may be signs of infection. **Do not wait until you are due to have your stitches removed.**

Please see the "Contacts" section of this leaflet on how to contact the Plastic Surgery Department.

Scarring

All plastic surgery will leave some degree of long term visible scarring. This will vary from person to person and cannot be predicted. Occasionally, the scar may be more obvious than the lesion removed. Scars can often become thickened and red after one to two months. Scars mature slowly over one to two years and their appearance slowly improves. Occasionally, the scar can become thickened and develop into a hypertrophic scar. Rarely, in some people the scar may thicken, enlarge and grow into normal surrounding tissue forming a keloid scar. If you have any concerns about scarring or have a history of keloid scarring it is very important that you discuss this with the Plastic Surgeon or operating Practitioner before you have your surgery.

If you have any questions or worries about the procedure please ask the Surgeon.

AFTER SURGERY

Your wound will need to be checked in days
on /..... /..... at the:

- Dressing Clinic, University Hospital Wishaw, Outpatients
- Dressing Clinic, University Hospital Hairmyres, outpatients
- Treatment Room
- Self check

At that appointment the plan is for:

- Wound Check
- Removal of Sutures
- Graft Check

You will be reviewed in weeks

- Telephone appointment
- Outpatient appointment
- Write with results

**IF YOU HAVE ANY CONCERNS PLEASE CONTACT
THE RELEVANT PLASTIC SURGERY DEPARTMENT
SECRETARIES ON:**

Between 0800 – 1700 hours (Monday – Friday):

- ❖ Wishaw 01698 361100 Ext 6131
 01698 361100 Ext 5828
 01698 361100 Ext 7251

- ❖ Hairmyres 01355 584358
 01355 584685

- ❖ Forth Valley 01698 361100 Ext 6131
 01355 584358

Please leave your name, date of birth and contact number when leaving an answer phone message.

For concerns out with working hours please contact:

- ❖ NHS 24 111

CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at www.nhslanarkshire.scot.nhs.uk or ask a member of staff for a copy of our Data Protection Notice.

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk

NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.
Services@lanarkshire.scot.nhs.uk



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