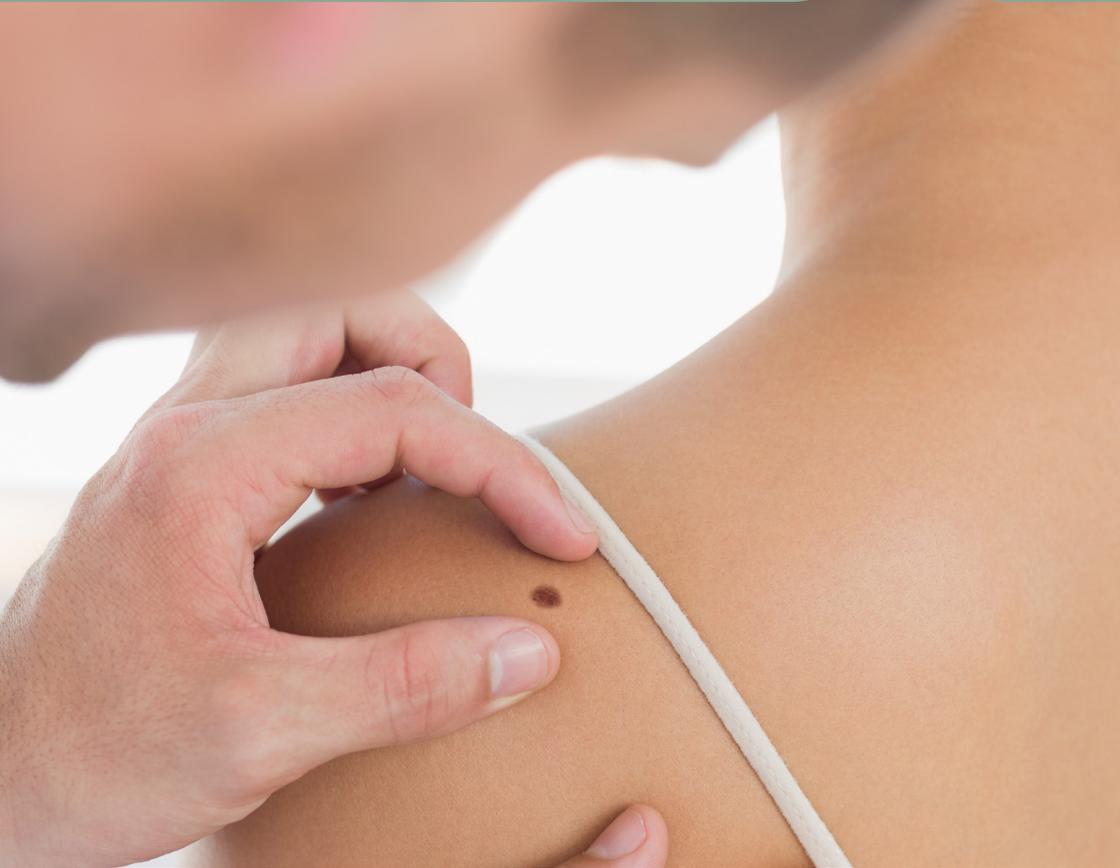




RIPPON MEDICAL

ADVANCED COSMETICS &  
MINOR SURGERY CLINIC

# MINOR SURGICAL PROCEDURES



PATIENT INFORMATION



## Minor Surgical Procedures

Mole and skin lesion removal procedures at our CQC Registered Minor Surgery Clinic at Carlisle, Cumbria are carried out by Dr A G Rippon who specialises in Minor Surgery and Treatments of Disease, Disorder and Injury. All moles and skin lesions are assessed at consultation and if there are any concerns you will be sent to your GP as a matter of urgency under the NHS.

Rippon Medical Services provides a further safety net by sending off all removed moles to our private histology service. We use a leading provider of cellular pathology with a reputation for providing a high-quality, end-to-end diagnostic service which is streamlined and secure. The laboratory is fully CPA accredited and employs a team of highly specialist consultant pathologists covering all pathology sub-specialities. Turn around times for most non-urgent cases are 3-5 working days (from laboratory receipt of the specimens).

For more information on the types of skin lesions that can be treated, check out our website.

## Consent Form

You will be asked to provide consent after the procedure has been explained to you. The procedure will be discussed with you at length by Dr Rippon and you will be asked to sign the consent form when you indicate that you are aware of the procedure to be carried out.

**Undressing:** You will be asked to remove enough clothing so that we can clearly see the part of your body where the skin lesion is present.

**Marking:** The area of skin to be removed will often be marked with ink but not always. You will be given a surgical gown OR surgical covering depending on the area of the lesion.

**Local Anaesthetic:** Most minor surgical operations need local anaesthetic to numb the area, which will be injected just under the area to be treated. It causes a short sharp sting. The operation should then be pain free. Please let Dr Rippon know if you feel any discomfort during the procedure. If you have previously had problems with local anaesthetic, for example at the dentist, please let Dr Rippon know. Dr Rippon usually injects Lidocaine with Adrenaline which provides rapid numbness and helps to reduce the bleeding. The effects last 2-4 hours. A local anaesthetic cream for example EMLA, may be applied in advance to help reduce the stinging sensation.

## AFTERCARE INCLUDES:

- A 24 hour emergency contact number, open 365 days a year where we welcome emergency calls at any time for post-procedure.
- Regular post-operative contact following thread lifts and PRP treatments and MINOR SURGICAL PROCEDURES.

## OUTSTANDING PATIENT CARE AT RIPPON MEDICAL SERVICES

Patient care has always been at the forefront of everything we do, and that is why we are unique in the medical aesthetics industry in Cumbria. Providing consultations and care via a medical aesthetics Doctor who is highly skilled in Advanced Aesthetic Medicine and Minor Surgical Procedures.

We are proud to offer fully comprehensive and inclusive aftercare so you can be reassured you will always be in very experienced medical hands. With Rippon Medical you are a patient for life.

All your aftercare is included in the price you pay so there are no hidden extras. We offer an aftercare policy which means you can see our medical team post-treatment, at no extra cost.

We offer all our consultations and aftercare at our local clinic in Carlisle led by Dr Rippon, our Clinical Director.

## Before your operation

Drugs and medication: Please let the doctor know if you are on aspirin, beta-blockers or any other blood thinning medication.

## Allergies

Please let the doctor know if you have any allergies to medicines, latex or any other substances.

## Sports and exercise

You should not swim, play sports (including golf), or exercise whilst the stitches are in place. Depending on the size and site of the surgery you may be asked to refrain from activities that will stretch that area for a period of time (3-4 weeks) after the stitches have been removed. Dr Rippon will give you individual advice tailored for you. Please ask if you are not sure.

## Please note

**YOU ARE ADVISED THAT YOU SHOULD BE ACCOMPANIED TO OUR MINOR SURGERY CLINIC, AS YOU MUST NOT DRIVE HOME YOURSELF FOLLOWING YOUR PROCEDURE.**

## Holidays or special events

If you are travelling abroad or on holiday or attending a special event within three weeks of surgery please plan your procedure at an alternative time. This is because of the risk of post surgical complications, and your dressing and stitches will need to be removed.

There may also be bruising/swelling and therefore you may not look or feel your best for a special event.

Minor Surgery is carried out at the Minor Surgery Clinic at Rippon Medical Services. 2 Spinners Yard, Fisher Street, Carlisle, CA3 8RE.

Dr Rippon performs curettage (scraping off), shave excisions (slicing off), cryotherapy (freezing off) and full excision (cutting off) of lesions. Lesions can either be completely removed, or a small sample taken, but all lesions are usually sent to the laboratory for testing to make an accurate diagnosis.

## How long will the surgery take?

Depending on the complexity of the surgical procedure and the site, surgery can take from 15mins to one hour. As far as possible, we endeavour to run to time. In the unavoidable circumstances where there is a delay, you will be informed.

## What problems can occur?

Dr Rippon has performed hundreds of minor surgical procedures and in the vast majority of cases, there are no complications or side effects. However we feel you should be fully informed of the minor difficulties that can sometimes occur:

**Inflammation:** This presents as a slight redness around stitches and usually settles down when the stitches are removed.

**Infection:** Sometimes the treated area can become infected. This gives rise to pain, swelling and redness, or there may be some pus present. If this happens you should telephone Dr Rippon on **01228 791447** for a wound check assessment and possible antibiotics.

## Bleeding

Continuous pressure of 10-15 minutes is usually enough to stop bleeding. Elevation of the affected area (such as a limb or head) will also help. Very occasionally a wound may bleed sufficiently to need re-stitching or a small blood vessel may need re-coagulation. Dr Rippon will review patients at our clinic if such a problem occurs.

**Fainting:** If you feel faint or sick during or after the operation, let us know. Patients who faint will be kept in the clinic for about 15-30 minutes longer in recovery and will be medically checked, prior to going home.

## Anaesthetic Complications

The adrenaline in the local anaesthetic can rarely cause a feeling of rapid heart beat palpitations.

We can exclude the adrenaline if this has happened to you before. If palpitations occur we advise a few minutes extra rest before returning home.

Allergy to the local anaesthetic is extremely rare. If you have had problems with local anaesthetic in the past, please let us know.

## Wound Breakdown

This is very uncommon. The most likely time for this to occur is just after the stitches have been removed or if the wound has become infected. Special care and good strapping for the days just after the sutures have been removed will reduce the risk of this happening.

## Scarring

It is impossible to remove anything without leaving a scar. As a general rule, the length of the scar is three times the width of the lump to be removed.

**Stretching of the scar:** A wide stretched scar can occur if it overlies a large muscle or joint, or if strapping has been removed too soon or activities that stretch the scar are resumed too early.

## Hypertrophic or Keloid Scars

This is an over-reaction of the fibrous tissue/scar in your skin. It does not happen immediately but develops a few weeks after surgery. Keloid scars are due to an individual's inherent tendency to form scar tissue. They are more common on the front of the chest, upper arms and upper back, and in scars which have not been sufficiently immobilised. They are also more common in Afro-Caribbean skin types. If you have had any previous problem with thickened scars please let us know.

## Re-Pigmentation and Recurrence

Moles removed by shave excision can occasionally recur or rarely induce increased pigmentation at the excised site. This can be marked and may need additional surgery which will incur additional cost, as this is performed for cosmetic reasons. A pale scar is the usual result.

## Nerve Damage

**Sensation:** When the area of skin removed is large, some small nerves in the skin will be cut. This may result in a small area of numbness around the wound. Although recovery usually occurs, a permanent area of numbness may persist.

**Movement:** It is extremely rare to cause damage to nerves that deal with movement. However there are certain areas, especially on the face, where deep surgery could cause damage to such nerves especially if the nerves are abnormally placed or hidden within a tumour.

## Curettage

You may have been treated, using a scraping technique called curettage. After curettage, the raw area will be correctly dressed. There are no stitches because this treatment is designed to allow healing with minimal scarring. The wound will be a black area like a deep graze, which may take two to three weeks to heal. Once healed the scar may be red and slightly raised. After several months it should settle to a more flesh coloured scar.

Once the local anaesthetic has worn off, you may need to take paracetamol if you experience mild discomfort.

Leave the dressing that has been applied in place for 48 hours, unless you have been advised otherwise. Then follow your personal aftercare advice given by Dr Rippon.

## Shave Excision

A shave excision involves shaving the skin lesion off. It will leave a small wound, which may take 1-2 weeks to heal over. Once healed, the scar may be red and slightly raised. After several months, it should settle to a flesh coloured scar. Because the technique only removes the part of the lesion that protrudes above the skin, the appearance may remain abnormal.

**Wound care:** Following surgery, if the wound continues to ooze or bleed, press firmly on the area for 20 minutes with a clean dressing and the bleeding should stop. If bleeding continues contact Dr Rippon on **01228 791 447**.

## Excision/Biopsy

Your skin lesion has been completely removed. If you have stitches, Dr Rippon will remove them at his clinic on Fisher Street, Carlisle.

You have \_\_\_\_\_ stitch(es)

to be removed on \_\_\_\_/\_\_\_\_/\_\_\_\_\_

Avoid bumping or stretching the wound after the stitches have been removed, the area will be weak for some time.

The initial dressing should be left in place for 24-48 hours, unless you have been advised otherwise. Then follow your individual patient care instructions given by Dr Rippon.

Do not apply make up over the wound until it has healed.

## Review

For all minor surgery, it is sensible to consider the acceptability of the scar and the other small risks.

Please do not hesitate to discuss any worries with Dr Rippon prior to your minor surgery.

Following your minor surgical procedure, under local anaesthetic, for the removal of a skin lesion please follow these guidelines Dr Rippon has prepared to help you look after your wound according to the type of surgery you have received. If you have any questions, please telephone 01228 791447 for medical advice.

Date of procedure    \_\_\_\_/\_\_\_\_/\_\_\_\_\_

Date of review        \_\_\_\_/\_\_\_\_/\_\_\_\_\_

## Do's & Dont's

### Do's:

- ✓ If the wound is on the face, use extra pillows to sleep more upright, which helps clear swelling and bruising.
- ✓ Change a dressing if it gets wet or dirty. A wet dressing will promote infection.
- ✓ If the wound is on your leg, keep your leg up whenever possible and avoid prolonged periods of standing, long walks, or sports until the scab has come off leaving a healed wound.

### Don'ts:

- ✗ Undertake too much activity or dirty work too soon. An infected or stretched wound will take longer to heal and may give you a larger scar.
- ✗ If the wound is on the face, don't stoop or strain (including on the toilet) whilst it is still tender.

If the wound becomes increasingly red and tender or leaks pus, contact Dr Rippon on **01228 791447**

# Minor Surgical Procedure Costs

Minor Surgical Procedures entails an operation to remove a skin lesion such as a mole, cyst, wart or skin tag. Removing a skin lesion is usually a quick and straightforward procedure and is most often performed as an out-patient or day-case procedure, with no overnight stay.

The operation is carried out under a local anaesthetic, which means that the affected skin area will be completely numb but you will stay awake.

This will depend on the type of treatment you are having and the size, location and number of lesions that

need removing. Dr Rippon will explain the benefits and risks of having your skin lesion removed, and will discuss the alternatives to the procedure.

The exact technique used for removing the lesion depends on factors such as what condition it is, its size and location. Most lesions are cut out using a scalpel and the wound closed with stitches. Some lesions may be "shaved" down to the level of the surrounding skin.

Skin tags may be simply snipped off with surgical scissors. Minor skin lesions, such as warts, may be frozen off with liquid nitrogen gas (extreme cold).

## INITIAL CONSULTATION

**£95**

Initial consultation with our  
GP Dr A G Rippon  
Medical Cosmetic Doctor.

## SEBACEOUS CYST REMOVAL

**£350**

Including Procedure and  
Aftercare with Dr A G Rippon  
Full access to our post operative care.  
7 Day follow up with Dr A G Rippon.  
Additional Cyst Removal priced at consultation.  
(If removed at the same time)

## SEBACEOUS WART REMOVAL

**£250**

Including Procedure and  
Aftercare with Dr A G Rippon  
Full access to our post operative care.  
7 Day follow up with Dr A G Rippon.  
Additional Sebaceous Wart Removal priced at  
consultation. (If removed at the same time)

## LIPOMA REMOVAL

**start at £350**

Including Procedure and  
Aftercare with Dr A G Rippon  
Full access to our post operative care.  
7 Day follow up with Dr A G Rippon.  
Additional Lipoma Removal - Start at £250  
(If removed at the same time)

## SURGICAL SKIN TAG REMOVAL

**£150**

Including Procedure and  
Aftercare with Dr A G Rippon  
Full access to our post operative care.  
7 Day follow up with Dr A G Rippon.  
Additional Skin Tag Removal priced at consultation.  
(If removed at the same time)

## SURGICAL MOLE REMOVAL

**£350**

Including Procedure and  
Aftercare with Dr A G Rippon  
Full access to our post operative care.  
7 Day follow up with Dr A G Rippon.  
Per Additional Surgical Mole Removal - £300  
(If removed at the same time)



# Patient Satisfaction QUESTIONNAIRE

Thank you for attending Rippon Medical Services. We hope that your visit was positive and met your healthcare expectations. We are aware that patients can attend any private healthcare clinic of their choosing. Therefore, in order to maintain and improve the service on offer at the clinic, it would be most helpful if you would complete this short questionnaire, as your views and opinions are important in considering potential changes and improvements to the service.

Please answer the following questions where 1 = Poor and 5 = Excellent by **circling** the appropriate score to indicate how satisfied you were with the following:

## PRE-APPOINTMENT

The ease of booking an appointment at Rippon Medical Services	1	2	3	4	5
The welcome/greeting you received on arrival at the clinic	1	2	3	4	5
The punctuality of your appointment time	1	2	3	4	5

## CONSULTATION OR TREATMENT APPOINTMENT

Explanations given by the doctor about your proposed treatment	1	2	3	4	5
Your questions being answered	1	2	3	4	5
Your feeling about the length of time spent with the doctor	1	2	3	4	5
Your impression of the clinic environment	1	2	3	4	5
Your impression of the quality of your appointment	1	2	3	4	5

## AFTERCARE

The clarity of any health advice or instructions to follow	1	2	3	4	5
Your satisfaction with the billing/payment procedure	1	2	3	4	5
Would you recommend Rippon Medical Services to others?	YES	NO			

If you like to offer any further comments about Rippon Medical Services, please enter them in the space below.

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Thank you for completing this short questionnaire.  
Your responses will be used to improve the healthcare service at Rippon Medical Services.



# RIPPON MEDICAL

ADVANCED AESTHETICS &  
MINOR SURGERY CLINIC

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Regulated by



British College of  
Aesthetic Medicine

General  
Medical  
Council

Regulating doctors  
Ensuring good medical practice