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CareQuality
Commission

ABC of Minor Surgery

Minor Surgery



What is Minor Surgery?

Minor Surgery describes a range of simple procedures that can be performed in a GP or clinic environment, without requiring a hospital visit. They may be done using local anaesthetic or without the need for aesthetic at all, such as cryotherapy.

GP surgeries used to offer a range of minor surgeries but the NHS has now restricted GP's from offering surgeries that are for cosmetic purposes only.

Mission

With limited access to minor surgical procedures in the community, we developed a surgical suite within the clinic to be able to offer this service to the local community. We aim to offer patients appointments within 2 weeks and are linked with local GP surgeries to ensure there is no delay in receiving laboratory results for skin lesions that are sent for testing.

What you need to know

Only appropriately trained Registered Healthcare Professionals (Nurses, Doctors and Dentists) should perform minor surgical treatments for the following reasons:

- Thorough consultation is key for positive outcomes – It is essential that your surgeon understand how your medical history and medications will interact with treatments. Experience in medical assessment, clinical examination, pharmacology, anatomical function, physiological and psychological factors that affect treatment are essential. Many complications can be avoided with good consultation.
- Understanding anatomy is fundamental to reducing complications and enhancing cosmetic outcomes. Scarring can be minimised and managed appropriately when a Healthcare Professional is able to manage the clinical input from the beginning of the process.
- Complications may require medical input and prescribed medication – Many of the potential complications will require the experience of a Clinician to identify specific infections, sepsis and allergic reactions. Only a Clinician can make a diagnosis and prescribe medication.
- Healthcare Professionals have accountability for their practice – Registered Nurses, Doctors and Dentists have oversight from a Professional body, the NMC, GMC or GDC. If things go wrong, they will be held accountable for what they did or failed to do.
- Skin samples should be sent to histology to ensure that no malignancy is missed which can only be done by CQC registered clinics.

Questions to ask your Clinician

Q. What is your Profession? What is your background?

A. The answer should be; Registered Nurse, Doctor or Dentist.

Q. What specialist training do you have?

A. Your Clinician should be happy to explain their credentials, relevant training and experience, and show training certificates.

Q. Are you insured?

A. A reputable Clinician should have Medical Malpractice insurance and public liability insurance.

Q. Who are you regulated by?

A. Clinics performing Minor Operations should be registered with the CQC (Care Quality Commission).

Remember: You should never feel pressured to have treatment. Always follow your instinct about whether a Clinician is right for you.

Lesions we Treat

Skin Tags

Skin tags are usually the same colour as the rest of your skin, or a little darker. They can look like they're hanging off the skin. They do not usually hurt and are normally harmless but can be removed for cosmetic purposes.



Milia

Milia are very common and present as small pearly-white bumps just under the skin surface and most commonly around the eyes. In adults the surface of the milia can be drained with a needle or with use of cryotherapy or diathermy.



Keratoses

Actinic keratoses (also called solar keratoses) are dry, scaly patches of skin that have been damaged by the sun. It's not usually serious, but the risk of skin cancer should be considered. They can be removed for cosmetic reasons.



Mole

Moles are small, coloured spots on the skin. Most people have them and they're usually nothing to worry about unless they change size, shape or colour. Moles must be excised with a border to ensure the full lesion has been removed.



Lipoma

A lipoma is a slow-growing, fatty lump that's most often situated between your skin and the underlying muscle layer. Treatment generally isn't necessary, but if the lipoma bothers you, is painful or is growing, you may want to have it removed.



Cysts

Skin cysts are round lumps, often filled with fluid or pus. They're usually harmless and often do not need treatment but can be removed for cosmetic purposes.



Types of Minor Surgery

Curettage & Cautery

Curettage and cautery – this is a simple procedure which involves scraping of the lesion from the skin with a curette then cauterising the area to stop bleeding with a hot wire or diathermy. This procedure is usually repeated two or three times on the same sitting and there are no sutures involved.



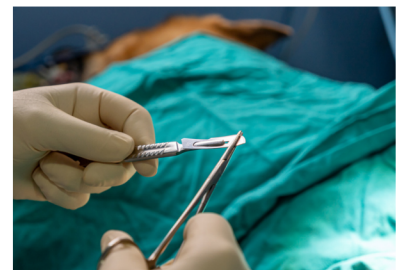
Shave Excision

Shave excision – this is a simple procedure where a lesion which is usually above the skin surface is shaved off by a surgical blade and then the area is cauterised with a light diathermy to stop the bleeding and no stitches are used.



Excision with Primary Closure

Excision with primary closure – this is the most common type of surgery. It involves excising a lesion from the skin with a margin of skin around the lesion. Stitches can be placed in two layers to close the wound. The first layers of stitches are dissolving stitches buried in the skin followed by either dissolving or non-dissolving stitches on the top of the skin to close the layers of the skin.



Cryotherapy

Moles are small, coloured spots on the skin. Most people have them and they're usually nothing to worry about unless they change size, shape or colour. Moles must be excised with a border to ensure the full lesion has been removed.



Scar Treatment

Unightly scars can be difficult to manage but our Doctors & Nurses are experienced in a variety of treatments for scar management. Intralesional steroid injections (AKA Kenalog), dermal filler, polynucleotides and even Botulinum Toxin can be used to improve the appearance of scars whether they be a result of surgery or historic injury



Medical Services

We offer a range of medical services to help you stay happy and healthy.

GP Consultation

Our experienced GPs offer thorough consultations with 30 minute appointments to ensure you feel heard, understood and well cared for.

Nurse Practitioner Consultation

Our Nurse Prescribers deal with a range of issues, from acne to wound care advice.



Health Screening

Our Health Screening services offer a range of diagnostic tests to get a picture of your overall health. A health screen can help you to prioritise your lifestyle habits and monitor changes that you have implemented. Health screening can be particularly useful for those going through a transition, such as menopause to ascertain their health status. We offer a variety of options that can be tailor-made to your needs.



Screening services

We offer a range of services to cater for your needs:

- Bloods
- HBA1C, Thyroid levels
- Hormone levels
- Echocardiogram (ECG)
- BMI
- Blood pressure
- Oxygen saturations
- Allergy testing
- Body fat
- Cholesterol



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Could it be Cancer?



When skin lesions appear, it is always a concern that they might be more than just unsightly. Below is more information about what to look for. If in doubt, always see a Healthcare Professional.

Always see a Healthcare Professional if you notice any of the following features:

Asymmetry – A harmless mole is usually symmetrical, whereas melanoma is often irregular or asymmetrical in shape and/or colour.

Border irregularity / Black – A harmless mole has smooth, even borders, whereas a melanoma often has irregular, blurry, or jagged edges and hard-to-define border. Black pigment in Caucasian skin can indicate melanoma but can be normal in darker skin.

Colour variability/Change – Melanoma can be brown (96%) but can have as many as five or six colours such as blue, black, tan, grey, pink, and red: 50% of melanomas include these uncommon colours. These colours are unevenly or irregularly distributed. C is also for Changing Colour.

Different – Most people have a 'signature naevus' – all their melanocytic naevi resemble each other. A melanoma appears unique and very different from the patient's other lesions.

A pigmented lesion that is obviously different from the others is sometimes called an 'ugly duckling', 'black sheep', 'lone ranger', or 'odd-mole-out' and must be considered suspicious even if it does not fulfil the ABCDEFG criteria.

Evolving / Elevated – A melanocytic naevus is usually stable and does not change in size, shape, or colour, whereas a melanoma changes over time. Change in size, colour, shape, or structure may be noted over months to years. Benign lesions can be elevated (eg, a dermal naevus, dermatofibroma, or cyst), but a new elevated or thickened lesion may be suspicious for nodular melanoma or another form of skin cancer.

Firm – Benign lesions can feel firm (especially dermatofibroma), but this is also a feature of nodular melanoma.

Growing – A nodular melanoma tends to grow rapidly with changes noted over days or weeks. Benign skin lesions tend to remain stable or change slowly over years to decades. Although they can rapidly change in appearance over hours to days if injured, inflamed, bleeding, or affected by eczema (eg, Meyerson naevus), they do not usually grow in size.

Excised skin lesions should routinely be sent for histology to rule out any malignancy. If malignancy is suspected or confirmed, you may be required to have a wider excision of the lesion by a Dermatologist. Histology is automatically included in all our surgery procedures that involve an excision of a lesions.



Dermatology Clinic

Our clinic is registered with The British Association of Dermatologists and practices to the highest standard of evidence-based medicine. We can address many dermatology concerns in clinic and work alongside a private Consultant Dermatologist if issues need to be escalated.

Our Clinicians work with patients to find a tailored approach to managing dermatology symptoms and related health issues as required.

Initial Consultation

The first step for all new patients visiting the clinic for dermatology services is to attend an initial consultation. A full assessment will be undertaken by our GP with a special interest in Dermatology and an initial care plan developed. Cost includes the Clinician's prescription fee if a prescription is required.



Follow Up Consultations

Our Clinicians are here to review your treatment whenever needed. Cost includes the prescription charge if a prescription is required. Investigations are tailored to your requirements if required. Minor surgery follow up appointments are included in the cost.

Phlebotomy & Follow up

Blood tests may be required to establish a diagnosis or exclude other health conditions. Price includes a follow up appointment, with the option of a telephone follow up or in-clinic follow up, depending on your preference.



Onward Referral

If your case is more complex, if deemed to be beyond the scope of our specialist or involves cancer care, you can be referred to our non-resident Dermatologist.

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Other Medical Treatments

Hyperhidrosis Treatment (excessive sweating)

Hyperhidrosis or excessive sweating can be an incredibly embarrassing condition. Hyperactive sweat glands can be present on any part of the body but most commonly this condition affects the underarms, hands and feet. It can lead to body odour, wet patches on clothes or impracticulaly slippery hands when holding smooth items. Botulinum Toxin can be injected in multiple small blebs under the skin to reduce the activity of these sweat glands and reduce the



Bruxism Treatment

Grinding and clenching teeth is frequently an unconscious habit, often occuring during sleep. It can lead to pain and aching of the jaw, TMJ and headaches. Long term it can result in damage to the teeth and a bulky masseteur muscle. Botulium Toxin can be used to reduce teeth grinding but relaxing the movement of the muscles. Treatment of Bruxism can be with or without a night guard, tailor-made and fitted by our resident Dentist.



Migraine Treatment

We understand that it's not just the pain of the migarine that makes them so debilitating. Botulinum Toxin can be injected in multiple points across the face and head to reduce tension on associated nerves that trigger migraine. Many find this treatment to be incredibly effective and able to reduce their migraine days by half.



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Other Medical Treatments

Botulinum Toxin for Hayfever

Hayfever can range from a minor irritation to debilitating. Traditional steroid injections have been used as "hayfever shots" but can result in many unwanted side effects. We use Botulinum Toxin to block the receptors inside the nasal cavities preventing them from detecting the allergen and reducing the response you have to the stimuli. We have seen very effective results with this treatment which is quick and minimally invasive.



B12 Injections

B12 deficiency can leave you feeling drained and exhausted. If a B12 deficiency has been diagnosed and oral medication has not been effective; patients may be started on B12 injections. We offer maintenance injections for patients under a haematologist with confirmed diagnosis, where B12 injections have been recommended. B12 maintenance injections are typically given every 2-3 months and will require ongoing monitoring.



Scar treatment

Unightly scars can be difficult to manage but our Doctors & Nurses are experienced in a variety of treatments for scar management. Intralesional steroid injections (AKA Kenalog), dermal filler, polynucleotides and even Botulinum Toxin can be used to improve the appearance of scars whether they be a result of surgery or historic injury.

Possible risks and side effects

As with any treatment or procedure, there are always possible risks and side effects. See below table for some of the most common, although not exhaustive list of risks and side effects.

Problem	Symptoms	What to do
1. Local irritation, swelling, redness, discomfort.	1. Symptoms that last beyond 48 hours, or concern you.	1. Contact the clinic for review.
2. Allergic reaction. 3. Anaphylaxis	2. Mild, local itching or swelling. 3. Difficulty breathing or swelling to lips or airway, vomiting or seizures.	2. Take an antihistamine and contact the clinic. 3. This is a medical emergency - call 999.
4. Bruising. 5. Haematoma.	4. Discolouration of skin with/without tenderness. 5. Collection of blood beneath the skin.	4. Apply Arnica cream. Expect to improve over 7-10 days. 5. Contact clinic for early review.
6. Infection (local / systemic) 7. Delayed wound healing	6. Redness, heat, pain, oozing. 7. Poor wound healing, oozing, wound edges not healing together.	6. Contact clinic for early review. 7. Contact clinic for early review.
8. Numbness, altered sensation. 9. Pain 10. Nerve injury	8. Sensation is lost or feels different at or around the surgical site. 9. Pain or discomfort in the treated area 10. Treatment has affected movement or position of surrounding structures.	8, 9 & 10. Attend an early review. It is possible for these issues to resolve without intervention. You may be referred for onward care if necessary.
11. Incomplete excision.	11. Histology may suggest the lesion extends beyond the border of the specimen.	11. Referral to Dermatologist for wider excision may be required.
12. Unsatisfactory scar, keloid, hypertrophic scar, wide scar.	14. Raised, bulbous or wide scar.	14. Scars take 18 months to mature and settle. After this time there are treatment options to help improve the cosmetic outcome of scars.

Have a concern?

If you are at all concerned following a procedure, we urge you not to delay contacting us for a review appointment.

email: reception@medicalskinclinic.co.uk **or call:** 01638 476423

For **URGENT** out of hours ONLY call: 07761 825886

Research and Reflect

Independant resources for further reading

Whilst we aim to give you the very best advice, we do encourage our patients to conduct their own research from independent reliable resources. We appreciate how difficult it can be, so we've put together a list of recommended futher reading.

- **NHS** - General advice about non-surgical procedures.
<https://www.nhs.uk/conditions/cosmetic-procedures/>
- **BAD** (British Association of Dermatologists) - General advice about dermatology issues and minor surgical procedures. <https://www.skinhealthinfo.org.uk>
- **PCDS** - (Primary Care Dermatology Society) Information about dermatology and minor surgical procedures.
<https://www.pcds.org.uk/patient-information-leaflets>
- **Patient.info** - Database of information about various health conditions including dermatology and skin cancer.
<https://patient.info/cancer/skin-cancer-types>



When is best to have treatment?

Consider the following:

Are you going away in the next 28 days? If so, can you access support if you were to have a concern?

Do you have any important events coming up? You should have treatment at least 28 days before an important event to allow for any side effects to subside.



Why are you having treatment?

Consider the following:

Are you being pressured by a partner or spouse?

Are you being pressured by friends, family or work colleagues?

Are you being honest with yourself and your practitioner about what you hope to achieve?

Have you had multiple procedures and been left dissatisfied each time?

Have you ever been diagnosed with Body Dysmorphia (BDD) or are you concerned that you might suffer with this?

Moving forward with treatment

Once you've attended a consultation and feel more informed about your options; below are your next steps, should you wish to proceed:

CONSIDER:

There is no pressure to proceed with our recommendations and we always suggest that you research and consider treatments carefully before proceeding. We have included a list of independent organisations to continue your research.

For those who wish to have treatment on the day; this is an option for some procedures. Alternatively you can book in with us, if and when you feel ready to do so.

Remember to factor in the possibility of side effects such as bruising when considering the best time to book your procedure. We recommend allowing at least 28 days between a procedure and any event that you might be concerned with your appearance.

PREPARE:

With your procedure booked, you can get ready for the procedure. Please ensure all forms that are received, are completed and returned. Avoid alcohol and any drugs that thin the blood (unless prescribed, in which case consult with the clinic) for 48 hours before the procedure. This includes but not limited to Aspirin, Ibuprofen and Naproxen. Arrive at the clinic at the time of your appointment having showered, with no cosmetics on your skin. We may be required to use electrocautery to control bleeding and flammable cosmetics have been known to set alight!

RELAX:

Your Doctor or Nurse Prescriber will take photographs and sign a consent form with you on the day of the procedure. Please ask any questions you may have.

You may require a local anaesthetic before the procedure. Whilst this is working, your Doctor or Nurse will be getting things ready. There will also be an assistant in the room to help with paperwork and passing items to the Clinician performing your surgery.

Your procedure will be performed with the greatest of care and attention. Feel free to clarify anything with our staff and ask for a break if you wish to. Many of our patients comment that they are pleasantly surprised by how quick and comfortable our procedures are.

TAKE CARE:

Many of our procedures allow for you to return to normal activities the same day but all will require some aftercare. This will be discussed with you and is available in your patient information leaflet. If you wish to take some time off work or have a special event in mind, please do discuss with our team.

Please do be mindful of the aftercare. With effective aftercare; our complication rates are extremely low. If you do have any concerns, or wish to be reviewed early, please do not hesitate to

Booking an appointment

Once you've decided you wish to proceed with treatment, you can book an appointment in clinic, online or by calling us:

www.medicalskinclinic.co.uk
01638 476423

Aftercare & Support

Following any Minor Surgical Procedure

For 48 hours:

- Keep the wound clean, dry and covered with the dressing provided.
- Do not touch, pick or poke treated areas.
- Do not apply make-up or cosmetics.
- Avoid extreme heat and cold (ie ice pack/sauna).
- Avoid vigorous exercise and alcohol consumption within 48 hours; can reduce effectiveness.
- Avoid undue pressure (ie visors, helmets, facials)

For at least 2 weeks:

- Avoid any other treatments or interventions to or around the treated area ie laser, massage, hot tubs.
- Apply minimum SPF 35 sunscreen daily.

Following an excision

Follow the treatment instructions given by your Clinician for your specific treatment. The following guidelines apply in most cases:

- Keep the wound clean, dry and covered until your follow up appointment.
- For optimal results, superficial sutures should be removed on day 7. Deep sutures are left in place to provide support whilst the wound continues to heal.
- Areas such as the back can put a lot of strain on the wound. Avoid bending or other movements that cause the wound to stretch as this will affect the cosmetic outcome of the scar.



The Golden Rule!
***If you are concerned, don't
delay in contacting us.***



Your experience with us

We aim to give the best care and make every patient happy. In order for us to do this, we need to know what has gone well and what we can do better. We may ask for your feedback about our services and would be really grateful if you could provide any insight into your experience. The CQC are also interested in our performance so please feel free to feedback to them directly too:

<https://www.cqc.org.uk/give-feedback-on-care>

Supporting Skin Health

Skincare & Sunscreen

If you only do one thing to support the health of your skin, apply 50+ SFP to your skin everyday, whatever the weather. Sun damage ages the skin by degrading collagen and elastin, compromises immunity and is the leading cause of skin cancer. Prescription skincare is best to assist skin cells to function effectively, keeping the skin health and young looking.



Stress & Hormones

Stress and hormonal changes such as pregnancy and menopause can lead to significant changes in skin function and appearance. Cortisol, a hormone released during periods of stress, can impact the regulation of other hormones in the body. The decline in hormones associated with menopause can start at anytime in a women's life and should be discussed with your GP or one of our Clinicians.

Lifestyle, Diet & Exercise

We all know what we should do but rarely consider the impact of lifestyle, diet and exercise on our skin. Proteins are essential for skin cell growth and repair whilst good fats keep skin from getting dry or too greasy. Exercise tones the skin as well as supporting muscles and ligaments. Smoking robs the skin of oxygen and reduces cellular turnover. Small changes can make a big difference so don't delay making that healthy change.



If you need help with weight loss, healthy eating, smoking cessation, stress management, mental health, domestic abuse or any other concern, please talk to one of our Clinicians who will be happy to guide you:

We are here for you

We all need help at times. The Medical Skin Clinic is committed to looking after our patient's wellbeing, in all respects. Here is a compendium of support services where you can get some advice when you need a little support.

Domestic Abuse

Women's Aid - 0808 2000 247 (Freephone 24/7)

www.womensaid.org.uk

Refuge - 0808 2000 247 (Freephone 24/7) www.refuge.org.uk

Rape Crisis - 0808 802 999 (Freephone) www.rapecrisis.org.uk

National Domestic Violence Helpline - 0808 2000 247

www.nationaldahelpline.org.uk

Freedom Programme - <http://www.freedomprogramme.co.uk>

FLAWS (legal advice) - <https://www.flows.org.uk>

Mental Health

Samaritans - 116 123 (24/7) www.samaritans.org

Mind Infoline - 0300 123 3393 (Mon-Fri 9am - 6pm)

Text: 86463 www.mind.org.uk

Rethink - 0300 5000 927 (9.30am - 4pm)

Young Minds - 0808 802 5544 (09.30am - 4pm) Text YM to

85258 www.youngminds.org.uk

Body Dysmorphic Disorder Foundation - www.bddfoundation.org

Sane - 0203 38051790 <https://www.sane.org.uk/>

URGENT HELP!

If you are in a mental health crisis or need urgent medical attention - call 999

If your situation is urgent but not medical - call 111

The Medical Skin Clinic Signposting Information



Substance

Frank - 0300 1236600

www.talktofrank.com

Release - 0207 3242989

ask@release.org.uk

Addaction -

www.addaction.org.uk

DrugFam -

www.drugfam.co.uk 0300

8883853

Digital Abuse & Stalking

Refuge - <https://www.refuge.org.uk/our-work/our-services/tech-abuse-empowerment-service/>

Revenge Porn - 0345 6000 459 (10am - 4pm)

Suzy Lamplight Trust (Stalking support) - 0808802 0300

The Cyber helpline - <https://www.thecyberhelpline.com/gethelp>

Advice for legal, consumer, employment, family energy issues

Citizens Advice - <https://suffolkwestcab.org.uk>

The Clinic

The Medical Skin Clinic was founded by Christina Param-Phillips RGN INP in 2016 to meet a need in the medical aesthetics sector for honest, good quality medical care for cosmetic procedures.

Since this time, the clinic has has grown and developed to meet the needs of the patients. Employing only skilled Doctors and Nurses for all treatment delivery, the clinic boasts registration with The Care Quality Commission (CQC) and excels in social responsibility projects within the community.

Regulated by



The clinic places the highest value on ethical practice and raising standards in healthcare. Our expert medical professionals are duty bound and personally ambitious to provide honest assessment and effective treatments for our patients. We don't sell, we consult and our consultations are open, honest and treatment recommendations are based on what we believe to be in the patient's best interests.



We believe that only registered Doctors, Nurse Prescribers and Dentists have the required skills and experience to practice minor surgery and aesthetic medicine safely, which is why all our staff are highly skilled, registered healthcare professionals.

Our clinical team love educating patients! If you are still in the research phase, see our list of independent organisations providing good quality information. We provide information-rich consultations with no obligation to proceed with treatment, all in the name of patient education.

If you have any questions, you are welcome to reach out to our dedicated team by calling **01638 476423** or emailing us on **reception@medicalsclinic.co.uk**. You can see prices and **book online at www.medicalsclinic.co.uk**

Contact Us

www.medicalskinclinic.co.uk

01638 476423

reception@medicalskinclinic.co.uk



@themedicalskinclinic



@themedicalskinclinic



@Med_Skin_Clinic

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Newmarket
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Refer a Friend

**and get £50 off your next
treatment, when they have
treatment with us!**



www.medicalskinclinic.co.uk