

**You are coming into the Day Surgery Unit to have your 'lump or bump' removed under local anaesthetic. The following information explains what is involved and will hopefully answer the main questions or worries that you might have about the proposed operation.**

### **What is a local anaesthetic?**

Before your doctor removes your lump or bump you will be given a local anaesthetic injection. It numbs the area where you are having surgery so you won't feel any pain during the procedure.

The injection gives you a stinging sensation but this only lasts for a few seconds before it starts to take effect. The area will feel numb but you will be aware of some pressure and movement whilst the doctor is operating.

### **What are the advantages of having a local anaesthetic?**

The overall time for the operation will be shorter and you will recover more quickly.

### **What preparation will you need?**

- No special preparation is needed; you may eat a light meal and drink fluids as normal; you can take any regular prescribed medication before coming in to the Unit.
- You will not need to change out of your clothes unless the nurse advises you to do so to protect your clothing. Changing and storage facilities are available in the Unit.
- We would suggest you wear comfortable clothing to prevent any rubbing on your wound site.
- Please note that we cater for both men and women in the Day Surgery Unit.
- As a number of patients are booked for each session please bring along a book or magazine to read whilst you are waiting to be treated.
- Mobile phones **must** be switched off whilst you are in the Unit as they interfere with medical equipment. There is a pay phone available so do remember to bring along some loose change.

### **On the day of your operation**

- Please have a bath or shower before you come in.
- You should arrive at the time given in your appointment letter.
- A nurse will be responsible for your care and will check on your general health and personal details and explain the procedure.
- The surgeon will see you before the operation, and ask you to sign a **consent form** to confirm that you understand the procedure and agree to go ahead with it.
- This is also an opportunity for you to ask if you have any further questions about your treatment.
- Overall you may be in the Unit for approximately 3 - 4 hours. Please note that we are not able to accommodate relatives or friends.
- Your treatment is carried out in a nearby treatment room, which you will be able to walk to.
- After it is finished you need to stay for about 20 minutes to ensure that you feel all right and for the nurse to check the wound site. During this time you will be offered light refreshments (a drink and toast).

- When you are ready to go, your nurse will give you information on how to care for your wound and, if necessary, when your stitches need to be removed.
- Your nurse will also advise you on any pain relief. It is a good idea to make sure that you have some paracetamol or similar painkiller at home in case you need it.
- You will be given a letter for your GP that you should take to your surgery after 48 hours.

**If you have any of the following problems in the first 48 hours:**

- ◆ prolonged bleeding from the wound site;
- ◆ raised temperature, red, swollen wound site, smelly discharge, (signs of infection)

**then please contact the Day Surgery Unit on 020 7288 5097/5099.**

**If you develop any problems after the first 48 hours, please contact your GP and take your letter with you if you have not already taken it to the surgery.**

## What are the risks?

**There are risks associated with any procedure; but for minor operations the risks are small.**

They include:

- **Infection** of the wound site - this can be treated by antibiotics.
- **Bleeding** - if this is excessive (lasting longer than 1/2 hour) then you should contact your GP.

**Please speak to your doctor before the operation if you have any worries about these risks.**

## Any questions?

Please telephone for advice  
Monday - Friday 7.30am to 8pm on 020 7288 3824 (Day Treatment Centre)  
Out of hours - please phone 020 7288 5445 Monday - Saturday midday or phone NHS Direct on 0845 4647

## Day Treatment Centre

## Minor operations under local anaesthetic

