

Dear Sir/Madam,

Your general practitioner has referred you for a minor surgical procedure. The treatment will take place in an integrated primary care setting, close to home, and will be carried out by a surgeon in collaboration with your GP. This letter explains what you can expect before, during and after the procedure.



We expect you at our location: **Oostmaaslaan 49, 3063 AN Rotterdam**

### **Which condition will be treated?**

- Atheroma cyst
- Lipoma
- Naevus or other skin lesion
- Ingrown toenail, also known as unguis incarnatus
- Other: \_\_\_\_\_

### **About the treatment and costs**

The treatment is covered as part of GP care. You will not receive a bill for the procedure itself, and it will not be deducted from your compulsory excess. If removed tissue is sent to a laboratory for examination, the costs of this test may be charged to your compulsory excess.

The procedure is usually performed under local anaesthetic. You will remain awake, but the area being treated will be numbed. In most cases, you can go home shortly after the procedure. Further wound checks and any follow-up treatment will take place with your own GP.

### **How to prepare**

You usually do not need to fast before a procedure under local anaesthetic. You may therefore eat and drink as normal, unless your doctor or GP has told you otherwise.

Wear loose, comfortable clothing that allows easy access to the area being treated. On the day of the procedure, do not apply cream, body lotion or make-up on or around the treatment area.

### **Always inform us if you:**

- take blood-thinning medication;
- are allergic to medicines, dressings or adhesive plasters;
- are pregnant;
- have previously experienced problems with a local anaesthetic.

Never stop taking blood-thinning medication without medical advice. Your GP or treating clinician will discuss what is necessary in your situation.

## **Transport and work**

Discuss in advance whether it will be safe for you to drive or cycle after the procedure. This depends on factors such as the location and size of the wound, for example after a procedure on the hand, arm, foot, leg or around the eye. Please bear in mind that you may need to avoid heavy lifting, exercise or physically demanding work for several days after treatment.

## **What happens during the procedure?**

The clinician will first check your details and confirm the area to be treated. You will then receive one or more injections of local anaesthetic. These injections may briefly feel painful or cause a burning sensation. Once the area is fully numb, the abnormality will be removed.

During the procedure, you may feel touch, pressure or a pulling sensation, but you should not feel any sharp pain. Tell the clinician immediately if you do feel pain. The wound is usually closed with stitches and covered with a plaster or dressing. The type of stitches used depends on the location and nature of the wound. After the procedure, you will receive a separate letter with instructions about wound care, showering, physical activity and when to contact a healthcare professional.

## **Possible effects and risks**

Every minor surgical procedure carries some risks. These may include: bleeding after the procedure; wound infection; pain; swelling; bruising. A scar will always remain. Its appearance varies from person to person and depends on the location on the body. You may temporarily experience numbness or tingling around the wound. In some cases, a skin lesion may return, even if it has been removed carefully.

## **Examination of removed tissue**

Sometimes the removed tissue is sent to a pathologist for examination under a microscope. After the procedure, you will be told whether this applies to you and how you will receive the result. If laboratory testing is performed, the costs may be charged to your compulsory excess.

## **When should you contact us before your appointment?**

Contact your GP or the treating practice before your appointment if:

- the area suddenly becomes severely inflamed;
- it increases significantly in size;
- it starts to bleed;
- you are unwell or have a fever;
- you are unable to attend the appointment;
- your medication has changed since the referral.

We wish you a speedy recovery.

More information is available at [www.deambulantechirurg.nl](http://www.deambulantechirurg.nl). The website contains information about our organisation, the conditions mentioned above, aftercare and other relevant topics.