

Plastic Surgery Unit

Local anaesthetic

Information leaflet for patients undergoing a minor procedure under local anaesthetic

Local anaesthetic

Local anaesthetic makes an area go numb very quickly so that you cannot feel it. This allows the doctor or specialist nurse to carry out a procedure without hurting you.

The local anaesthetic is put in by a small injection, you will feel this because there will be one or more pricks in the skin and because the anaesthetic may sting a little as it goes in.

The doctor or nurse will test the area to make sure you can't feel anything before going ahead with your operation. You will be aware something is happening – pulling and pushing, but it should not hurt. Let the staff know if you are worried or in pain and more anaesthetic can be given.

Advice following minor surgery

- After your procedure, try to rest for the remainder of the day. Please do not drive yourself home. In the case of a large wound restrict physical activity for two weeks.
- If you require pain relief, paracetamol is preferred. Do not exceed the recommended dose of 8 tablets in 24 hours.
- If there is slight spotting or oozing of blood, apply firm pressure for 10 minutes this should control it. If significant bleeding occurs, contact the



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specialist nurse or your GP.

- If you have any signs of infection following your minor surgery, such as pain, swelling, heat or redness, please contact either the specialist nurse between 8.00am and 4.00pm Monday to Friday, contact your GP or go to your local A&E Department.
- Please keep the dressing clean and dry until your stitches have been removed.
- You will be given a letter with details of your surgery and the date you should have your stitches removed. This may be done at your general practice. If so, the letter should be given to your practice nurse at your GP surgery. You will need to make this appointment yourself.
- Alternatively, you may be asked to return to the hospital to have your stitches removed. In this case, this appointment will be given to you before you leave the department or sent out to you in the post.
- You will be advised on a date for your next consultant appointment, which will be sent out to you in the post.
- The most common problem after local anaesthetic is bleeding. The following do's and do not's will help to avoid this.

Do Not

- Drink alcohol or take aspirin for 48 hours after surgery.
- Carry out energetic exercise before the stitches are out
- Knock the affected area.
- Have baths or showers which are too hot, it is important to keep the area dry

Do

- Be careful for a week after the surgery
- Keep the area elevated as much as possible for 3 to 4 days
- If the wound is on your head don't bend right over and use an extra pillow at night.
- Avoid straining, especially if your surgery was performed in your head or neck.

Patient Information

Contact details:

Plastic Dressing Clinic: Tel. 024 7696 6474

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 5225 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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