

Plastic Surgery Unit

Local anaesthetic

Information leaflet for patients having a minor procedure with local anaesthetic

Local anaesthetic makes a small area numb so you cannot feel it. This allows the doctor or specialist nurse to carry out the procedure without causing pain.

The anaesthetic is given as a small injection. You may feel one or more small pricks and the injection may sting a little as it goes in.

Before the procedure starts, the doctor or nurse will check that the area is fully numb. You will be aware of some pulling or pushing, but it should not hurt. If you feel pain or are worried, tell the staff and more anaesthetic can be given.

Advice following minor surgery

- After your procedure, rest for the remainder of the day. Do not drive yourself home. If you have a large wound, limit physical activity for 2 weeks.
- For pain relief, paracetamol is preferred. Do not take more than 8 tablets in 24 hours.
- If there is slight spotting or oozing of blood, press firmly on the area for 10 minutes. This usually stops the bleeding. If bleeding is heavy, contact the specialist nurse or your GP.
- If you notice signs of infection, such as pain, swelling, heat or redness, contact the specialist nurse (8.00am - 4.00pm, Monday to Friday), your



Patient Information

GP, or your local A&E department.

- Keep the dressing clean and dry until your stitches are removed.
- You will be given a letter with details of your surgery and the date for stitch removal. This may be done at your GP surgery. If so, take the letter to your practice nurse and make the appointment yourself.
- Sometimes you may be asked to return to the hospital to have stitches removed. In this case, your appointment will be given to you before you leave or sent by post.
- You will be advised of your next consultant appointment, which will be sent by post.
- The most common problem after local anaesthetic is bleeding. Following these instructions will help reduce the risk.

Do not

- Drink alcohol or take aspirin for 48 hours after your surgery.
- Do vigorous exercise before your stitches are removed.
- Knock or bump the treated area.
- Take very hot baths or showers, keep the area dry.

Do

- Take care for at least a week after surgery.
- Keep the area raised as much as possible for 3 to 4 days.
- If the wound is on your head, do not bend all the way over and use an extra pillow at night.
- Avoid straining, especially if the surgery was on your head or neck.

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.

Patient Information

The Trust operates a smoke free policy.

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