

Minor Procedures/Surgery and Injections at Kingswood Health Centre

Minor Surgery Policy for Patients

At our GP practice, we offer minor surgery services for the treatment of a variety of conditions. To ensure your safety and the best possible care, we have outlined the following patient policy for minor surgical procedures.

Please watch the following video: <https://tinyurl.com/yxvji25a>

1. Eligibility for Minor Surgery

Minor surgery at the practice is funded by the NHS for conditions that are causing pain or functional disability such as:

- Removal of cysts, skin tags, and small lumps
- Incision and drainage of abscesses
- Joint injections for pain relief

Before any procedure, a clinician will assess your condition to determine whether minor surgery is suitable for you or if a referral to a specialist is necessary. Please book a GP appointment via our online Klinik tool on our website www.kingswoodhealthcentre.co.uk.

All GPs at the surgery are trained to know the type of lesions we are able to remove so you are able to see any GP for this assessment.

Please note this service is not available for conditions that are purely cosmetic and do not cause any physical problems for the patient.

2. Pre-Procedure Guidelines

- Consultation: Before surgery, you will have a consultation with your clinician. They will explain the procedure, the risks involved, and what to expect.
- Consent: You will need to sign a consent form before the procedure. This confirms that you understand the risks and benefits and agree to proceed.
- Medical History: Ensure you inform your clinician of any existing medical conditions, medications, or allergies.
- Fasting: In most cases, fasting is not required for minor surgery. However, your clinician will inform you if specific preparation is needed.

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Author: Dr Rebecca Pegden, GP Partner & Minor Surgery Lead

3. The Procedure

- Minor surgeries are typically done under local anaesthesia, meaning you will be awake but the area being treated will be numbed.
- Procedures usually take between 15 to 45 minutes, depending on the complexity.
- A sterile environment will be maintained to minimise infection risk.
- Procedures take place in our dedicated Minor Surgery room at the health centre.

4. Post-Procedure Care

- Wound Care: After surgery, you will receive instructions on how to care for your wound, including cleaning and dressing.
- Pain Relief: Over-the-counter painkillers, such as paracetamol, can help manage any discomfort. Avoid aspirin unless advised, as it may increase bleeding.
- Follow-up: You may need a follow-up appointment to monitor healing or remove stitches if applicable.
- Signs of Complications: Watch for signs of infection (redness, swelling, warmth, or discharge). Contact the practice if you experience fever or excessive pain.

5. Recovery Time

- Recovery time varies based on the procedure. Most patients can return to normal activities within 1-2 days, although strenuous activity should be avoided until full healing.

6. Contacting the Practice

- For any concerns or questions after your surgery, you can contact the practice at through our online Klinik booking system on our website
<https://access.klinik.co.uk/contact/kingswood-health-centre>

7. Cancellations and Rescheduling

- If you need to cancel or reschedule your appointment, please inform the practice as soon as possible to avoid delays for other patients.

By following this policy, we aim to ensure your minor surgery is safe, efficient, and effective. If you have any questions, please do not hesitate to ask your clinician.