



RIPPON MEDICAL
ADVANCED COSMETICS &
MINOR SURGERY CLINIC

MINOR SURGICAL PROCEDURES



PATIENT INFORMATION



Minor Surgical Procedures

Mole and skin lesion removal procedures at our CQC Registered Minor Surgery Clinic in Carlisle, Cumbria are performed by our private GP Dr A G Rippon, who specialises in Medical Cosmetics, Minor Surgery and Treatments of Disease, Disorder and Injury.

All moles and skin lesions are assessed during a minor surgery consultation. If there are any concerns, you will be promptly referred to your GP under the NHS. Rippon Medical Services adds an extra layer of safety by sending all removed moles to our private histology service. We partner with a leading provider of cellular pathology known for delivering a high-quality, end-to-end diagnostic service that is both streamlined and secure. The laboratory is fully CPA accredited and staffed by a team of highly specialised consultant pathologists covering all pathology sub-specialties. Turnaround times for most non-urgent cases are 2-3 weeks from the laboratory's receipt of the specimens. Minor surgery consultations are required prior to any surgery being carried out and are charged at a standalone cost of £95.00.

For more information on the types of skin lesions that can be treated, check out our website.
www.ripponmedicalservices.co.uk

Consent Form

You will be asked to provide consent after the procedure has been explained to you in detail. Dr Rippon will discuss the procedure with you at length. Once you confirm your understanding of the procedure, you will be asked to sign the consent form.

Undressing: You will be asked to remove enough clothing so that we can clearly see the part of your body where the skin lesion is present.

Marking: The area of skin to be removed will often be marked with ink but not always. You will be given a surgical gown OR surgical covering depending on the area of the lesion. Before and after surgery photographs will be taken of the lesion and wound site for your medical records, as per the requirements of our medical indemnity policy. These photographs will not be shared with anyone else without your verbal and written consent.

Local Anaesthetic: Most minor surgical operations need local anaesthetic to numb the area, which will be injected just under the area to be treated. It causes a short sharp sting. The operation should then be pain free. Please let Dr Rippon know if you feel any discomfort during the procedure. If you have previously had problems with local anaesthetic, for example at the dentist, please let Dr Rippon know. Dr Rippon usually injects Lidocaine with Adrenaline which provides rapid numbness and helps to reduce the bleeding. The effects last 2-4 hours.

Before your operation

Drugs and medication: Please let Doctor Rippon know if you are on aspirin, beta-blockers or any other blood thinning medication. Do not stop taking medications unless you are instructed to do so by Dr Rippon, your GP or your consultant.

Allergies

Please let Dr Rippon know if you have any allergies to medicines, latex or any other substances.

Blood-borne diseases

Please let Dr Rippon know if you have any known blood-borne diseases to ensure proper precautions and care are taken. For example, Hepatitis B (HBV), Hepatitis C (HCV), Human Immunodeficiency Virus (HIV), Syphilis, Malaria, Human T-cell Lymphotropic Virus (HTLV-I/II), Cytomegalovirus (CMV) or Zika Virus.

Sports and exercise

You should not swim, play sports (including golf), or exercise whilst the stitches are in place. Depending on the size and site of the surgery you may be asked to refrain from activities that will stretch that area for 3-4 weeks after the stitches have been removed. Dr Rippon will give you individual advice tailored for you. Please ask if you are not sure.

Please note

YOU ARE ADVISED THAT YOU SHOULD BE ACCOMPANIED TO OUR MINOR SURGERY CLINIC, AS YOU MUST NOT DRIVE HOME YOURSELF FOLLOWING YOUR PROCEDURE.

Holidays or special events

If you are travelling abroad or on holiday or attending a special event within three weeks of surgery please plan your procedure at an alternative time. This is because of the risk of post-surgical complications, and your dressing and stitches will need to be removed.

There may also be bruising/swelling and therefore you may not look or feel your best for a special event.



Minor Surgery is carried out at Rippon Medical Services, 2 Spinners Yard, Fisher Street, Carlisle, CA3 8RE.

Dr Rippon performs curettage (scraping off), shave excisions (slicing off), cryotherapy (freezing off), cautery (burning off) and full excision (cutting off) of lesions.

In line with best practice, we advise sending all removed lesions for histology testing to ensure safety. At our clinic, cysts, warts, seborrheic warts, lipomas, and skin tags are not routinely sent for testing unless Doctor Rippon finds atypical characteristics during removal. Moles, however, must be sent to the laboratory as per NICE guidelines. Patients can choose to have any lesion sent for histology, with an additional charge based on the lesion's size and complexity. If a patient opts not to send their lesion for testing, they will need to sign a waiver accepting responsibility in case the lesion turns out to be cancerous in the future. If desired, we can provide pricing from the laboratory.

Lesions can either be completely removed or a small sample taken. All moles and some other lesions will be sent to the laboratory for testing to ensure an accurate diagnosis. On rare occasions, the laboratory may request further testing on a lesion to confirm their diagnosis. Permission will always be sought before carrying out these extra tests.

Any additional costs, if agreed upon, will be separate from the histology fee already covered by Rippon Medical and will be invoiced and paid by the patient prior to the test being carried out.



How long will the surgery take?

Depending on the complexity of the surgical procedure and the site, surgery can take from 15 mins to 2 hours. As far as possible, we endeavour to run to time. In the unavoidable circumstances where there is a delay, you will be informed.

What problems can occur?

Dr Rippon has performed thousands of minor surgical procedures and in most cases, there are no complications or side effects. However, we feel you should be fully informed of the minor difficulties that can sometimes occur:

Inflammation: This presents as a slight redness around stitches and usually settles down when the stitches are removed.

Infection: Sometimes the treated area can become infected. This gives rise to pain, swelling and redness, or there may be some pus present. If this happens you should telephone Dr Rippon on 01228 521014 for a wound check assessment and possible antibiotics.

Bleeding

Continuous pressure of 10-15 minutes is usually enough to stop bleeding. Elevation of the affected area (such as a limb or head) will also help. Very occasionally a wound may bleed sufficiently to need re-stitching or a small blood vessel may need re-coagulation. Dr Rippon will review patients at our clinic if such a problem occurs.

Fainting: If you feel faint or sick during or after the operation, let us know. Patients who faint will be kept in the clinic for about 15-30 minutes longer in recovery and will be medically checked, prior to going home.

Anaesthetic Complications

The adrenaline in the local anaesthetic can rarely cause a feeling of rapid heartbeat palpitations. We can exclude the adrenaline if this has happened to you before. If palpitations occur, we advise a few minutes extra rest before returning home.

Allergy to the local anaesthetic is extremely rare. If you have had problems with local anaesthetic in the past, please let us know.

Wound Breakdown

This is very uncommon. The most likely time for this to occur is just after the stitches have been removed or if the wound has become infected. Special care and good strapping for the days just after the sutures have been removed will reduce the risk of this happening.

Scarring

It is impossible to remove anything without leaving a scar. As a general rule, the length of the scar is three times the width of the lump to be removed. Stretching of the scar: A wide stretched scar can occur if it overlies a large muscle or joint, or if strapping has been removed too soon or activities that stretch the scar is resumed too early.

Hypertrophic or Keloid Scars

This is an over-reaction of the fibrous tissue/scar in your skin. It does not happen immediately but develops a few weeks after surgery. Keloid scars are due to an individual's inherent tendency to form scar tissue. They are more common on the front of the chest, upper arms and upper back, and in scars which have not been sufficiently immobilised. They are also more common in Afro-Caribbean skin types. If you have had any previous problem with thickened scars please let us know.

Re-Pigmentation and Recurrence

Moles removed by shave excision can occasionally recur or rarely induce increased pigmentation at the excised site. This can be marked and may need additional surgery which will incur additional cost. A pale scar is the usual result.

Nerve Damage

Sensation: When the area of skin removed is large, some small nerves in the skin will be cut. This may result in a small area of numbness around the wound. Although recovery usually occurs, a permanent area of numbness may persist.

Movement: It is extremely rare to cause damage to nerves that deal with movement. However, there are certain areas, especially on the face, where deep surgery could cause damage to such nerves especially if the nerves are abnormally placed or hidden within a tumour.

Curettage

You may have been treated, using a scraping technique called curettage. After curettage, the raw area will be correctly dressed. There are no stitches because this treatment is designed to allow healing with minimal scarring. The wound will be a black area like a deep graze, which may take two to three weeks to heal. Once healed the scar may be red and slightly raised. After several months it should settle to a more flesh coloured scar. Once the local anaesthetic has worn off, you may need to take paracetamol if you experience mild discomfort. Leave the dressing that has been applied in place for 48 hours, unless you have been advised otherwise. Then follow your personal aftercare advice given by Dr Rippon.

Excision/Biopsy

Minor surgery incisions vary based on the type of procedure and the specific lesion being treated. They include:

Elliptical Excision: An eye-shaped excision is used by a scalpel.

Linear Incision: A straight cut made with a scalpel. Local anaesthetic with adrenaline is administered, which may sting. The lesion is removed, and stitches used to close the incision. A sterile dressing or tape will then be applied. Using this method, the scar should be a straight line with stitch marks.

Biopsy

Shave Biopsy: A small, thin slice of the lesion is shaved off with a scalpel.

Punch Biopsy: A circular tool is used to remove a small, cylindrical sample of the lesion.

Excisional Biopsy: The entire lesion is removed, along with a margin of surrounding healthy tissue.

Incisional Biopsy: A portion of the lesion is removed for examination.

Shave Excision

A shave excision involves shaving the skin lesion off. It will leave a small wound, which may take 1-2 weeks to heal over. Once healed, the scar may be red and slightly raised. After several months, it should settle to a flesh-coloured scar. Because the technique only removes the part of the lesion that protrudes above the skin, the appearance may remain abnormal.

Wound care

Following surgery, if the wound continues to ooze or bleed, press firmly on the area for 20 minutes with a clean dressing and the bleeding should stop. If bleeding continues contact Dr Rippon on 01228 521014.

Following Your Surgery

Your wound may be closed with stitches or body glue and will take 1-3 weeks to heal. We use four types of closure methods:

Removable Stitches:

Generally kept in for 5-14 days. Can be removed by Dr Rippon or your practice nurse at your registered GP for those traveling long distances. If you encounter issues with removal at your GP, contact Rippon Medical for assistance. Healing times vary by body area, as some areas heal faster than others.

Face:	5-10 days
Scalp:	5-10 days
Arms:	7-14 days
Legs:	10-14 days
Trunk/Abdomen:	9-14 days

Dissolvable Stitches

These dissolve under the skin over time and do not require removal. Dr Rippon will inform you if this method is used.

Steri-Strips

These are paper stitches or adhesive skin closures, they are used to close small, shallow wounds or surgical incisions. You will need to keep the area dry and clean, keep the wound site free from any ointments, creams, makeup or liquid. Do not pull the dressing off, keep it covered until the review. Telephone the clinic if you have any problems.

Skin Glue

Forms a scab that peels or falls off in 5-10 days.

If you have stitches, Dr Rippon will remove them at his clinic on Fisher Street, Carlisle.

You have _____ stitch(es)

to be removed on

_____/_____/_____

Avoid bumping or stretching the wound after the stitches have been removed, the area will be weak for some time. The initial dressing should be left in place for 24-48 hours, unless you have been advised otherwise. Then follow your individual patient care instructions given by Dr Rippon. Do not apply make up over the wound until it has healed.

OUTSTANDING PATIENT CARE AT RIPPON MEDICAL SERVICES

Patient care has always been at the forefront of everything we do, and that is why we are unique in the private medical industry in Cumbria. Our CQC registered clinic in Carlisle, Cumbria provides consultations and care via our very own highly respected Doctor Rippon, specialising in Minor Surgery and Treatments of Disease, Disorder, and Injury.

During consultations, all moles and skin lesions are thoroughly assessed, and if there are any concerns, you will be promptly referred to your GP as a matter of urgency under the NHS.

Rippon Medical Services offers fully comprehensive and inclusive aftercare. Patients can rest assured that they will always be in experienced medical hands.

Aftercare services are included in the initial price paid by the patient. The aftercare policy allows patients to access post-treatment medical team reviews without additional cost. Consultations and aftercare are conveniently provided at our clinic in Carlisle.



AFTERCARE INCLUDES:

A 24-Hour clinic contact number for non-emergencies. This service welcomes and accepts calls at any time for post-surgery procedure queries or concerns.

Regular post-operative contact following minor surgical procedures is available and encouraged to ensure ongoing support and monitoring of your recovery progress.

If you experience an emergency following your surgical procedure, you should call the emergency services without delay, or present to your local Accident and Emergency Department of your nearest NHS hospital.

This leaflet has been carefully crafted to provide you with essential information regarding the aftercare instructions following your recent minor surgery operation at Rippon Medical. While this leaflet aims to address common concerns and queries, it is not a substitute for personalised discussions with Dr Rippon. Should you have any further questions or require additional clarification, please don't hesitate to reach out to the clinic.

Please follow these instructions diligently, as they are designed to minimise complications and facilitate the healing process of your wound.

First 24 to 48 Hours After Surgery

Rest and avoid vigorous exercise or heavy lifting to prevent excessive bleeding from the wound. If you experience soreness or discomfort after the local anaesthetic wears off, you may take paracetamol (see pharmaceutical instructions). Avoid aspirin or anti-inflammatory drugs like ibuprofen, as they can increase bleeding risk. Similarly, refrain from alcohol consumption.

If a dressing has been applied to the wound, keep it dry. It is normal to see a small amount of blood on the dressing initially.

48 Hours After Your Surgery

Unless told specifically by Dr Rippon, do not remove your dressing. Keep it dry and clean. Please wash around the dressing but do not allow it to get wet. A wet dressing or wound can promote infection.

What to Expect Afterwards

In the initial days following surgery, your wound may be tender, and you may experience swelling and bruising, particularly if the wound is near the eye.

Initially, the stitch line may appear dark pink, and the wound edges may be reddened. This will gradually lighten over time.

Please do not hesitate to contact us if you have any concerns or queries.

After undergoing minor surgery, it's essential to follow proper aftercare instructions to promote healing and reduce the risk of complications. Here's a general outline of aftercare advice typically given to patients:

Wound Care

Keep the surgical site clean and dry. Follow any specific instructions given by Dr Rippon regarding wound dressings and watching for signs of infection.

Activity Restrictions

Limit physical activity and avoid heavy lifting or strenuous exercise for the specified duration recommended by Dr Rippon.

Take any prescribed medications, such as antibiotics or analgesia, exactly as directed.

Maintain a healthy diet rich in fruits, vegetables, and lean proteins to support healing.

Stay hydrated by drinking plenty of water unless otherwise advised by Dr Rippon.

Attend any scheduled follow-up appointments with Dr Rippon to monitor healing progress and address any concerns.

Signs of Complications

Be vigilant for signs of infection, such as increased redness, swelling, warmth, or drainage from the surgical site.

Seek medical attention promptly if you experience severe pain, excessive bleeding, fever, or any other concerning symptoms.

Rest and Recovery

Get plenty of rest and allow your body time to recover from the surgery.

Follow any additional specific instructions provided by Dr Rippon based on the type of surgery performed.

It's essential to follow these aftercare instructions closely and contact Rippon Medical if you have any questions, concerns, or if you experience unexpected symptoms during the recovery process. Each patient's aftercare plan may vary depending on the type of surgery performed, individual health factors, and other considerations, so it's crucial to follow personalised advice provided by Rippon Medical Services.

Three Simple Steps to Having Your Lesion Removed

STEP 1:

Book a Minor Surgery Consultation




All patients looking to have any lesion removed will require a consultation first.

Consultations are charged at a standalone cost of £95.

STEP 2:

- Attend Consultation. You will need:
- Proof of ID, GP name & address
- Medical History Details
- Dr Rippon will assess your lesion
- Discuss best options for removal
- Explain procedure, outcomes & cost
- Answer any questions.

STEP 3:

- Book a minor surgery appointment
- 
- Attend surgery appointment
 - Give consent
 - Commence treatment
 - Minor surgeries are delivered within strict clinic protocols by Dr Rippon.

MINOR SURGICAL PROCEDURE COSTS

Minor Surgical Procedures entails an operation to remove skin lesions such as a mole, cyst, lipoma, verruca, wart or skin tag, removing a skin lesion is usually a quick and straightforward procedure and is most often performed as an out-patient or day-case procedure, with no overnight stay. The operation is carried out under a local anaesthetic, which means that the affected skin area will be completely numb, but you will stay awake. This will depend on the type of treatment you are having and the size, location and number of lesions that need removing.

Dr Rippon will explain the benefits and risks of having your skin lesion removed and will discuss the alternatives to the procedure. The exact technique used for removing the lesion depends on factors such as what condition it is, its size and location. Most lesions are cut out using a scalpel and the wound closed with stitches. Some lesions may be “shaved” down to the level of the surrounding skin. Skin tags may be simply snipped off with surgical scissors. Minor skin lesions, such as warts, may be frozen off.

INITIAL CONSULTATION – FOR ALL MINOR SURGERY PROCEDURES £95

Initial consultation with Dr A G Rippon

Minor surgery consultations are required prior to any surgery being carried out and are charged at a standalone cost of £95.00.

SEBACEOUS PILAR/EPIDERMOID/CYST REMOVAL From £350

Including Procedure and Aftercare with Dr A G Rippon

Full access to our post operative care. 7-14 Day follow up with Dr A G Rippon.

Additional Cyst Removal From £350

LIPOMA REMOVAL From £350 up to £850

Including Procedure and Aftercare with Dr A G Rippon

Full access to our post operative care. 7-14 Day follow up with Dr A G Rippon.

Additional Lipoma Removal From £350

SKIN TAG REMOVAL WITH CRYOTHERAPY £50

Including Procedure and Aftercare with Dr A G Rippon

Full access to our post operative care. 7-21 day follow up with Dr A G Rippon

Up to 5 Skin Tag Removals: £150

Up to 10 Skin Tag Removals: £250

(if removed at time of initial procedure)

SURGICAL SKIN TAG REMOVAL From £150

Including Procedure and Aftercare with Dr A G Rippon

Full access to our post operative care. 7-14 Day follow up with Dr A G Rippon.

Additional surgical skin tag removal £150

SURGICAL MOLE REMOVAL

From £350

Including Procedure and Aftercare with Dr A G Rippon
Full access to our post operative care. 7-14 Day follow up with Dr A G Rippon.
Per Additional Surgical Mole Removal: From £350

SEBORRHEIC WART/KERATOSIS REMOVAL

From £250

Including Procedure and Aftercare with Dr A G Rippon
Full access to our post operative care. 7-21 Day follow up with Dr A G Rippon.
Additional Seborrhic Wart Removal: From £150 (If removed at the same time)
Multiple seborrhic wart removal can be priced at consultation.

SURGICAL WART AND VERRUCA REMOVAL

From £250

Including Procedure and Aftercare with Dr A G Rippon
Additional surgical wart/verruca removal: From £200 (If removed at the same time)

SUTURE REMOVAL

For surgery carried out by Dr A G Rippon £0

Applicable when the surgery was performed by a different practitioner,
and we are performing the suture removal. From £50

EARLOBE TEAR REPAIR

£500 for one earlobe correction
£800 for two earlobe corrections

SURGICAL PIERCING REMOVAL

From £250

CONTRACEPTION IMPLANT REMOVAL

£250

Including Procedure and Aftercare with Dr A G Rippon

SCAR REVISION

From £350

Including Procedure and Aftercare with Dr A G Rippon



Rippon Medical Services aim is to ensure the highest standards of patient safety and care while continually seeking to improve health outcomes. We actively encourage patients to provide feedback, where their ideas and views will be integral to enhancing our services. Please contact our clinic for more information on 01228 521014 or email jane@riptonmedicalservices.co.uk



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ADVANCED AESTHETICS &
MINOR SURGERY CLINIC



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