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Surgical Association

# COMMUNITY SURGERY TREATMENT AND SERVICES

## Skin Punch Biopsy Treatment Code 17



### What is a Skin Punch Biopsy?

A skin punch biopsy, also referred to as just a skin biopsy, is a procedure that involves the surgical removal of a small sample of skin. A skin biopsy is usually part of a diagnostic process. They are often used to help doctors diagnose various skin concerns, such as skin cancer, infection, or other skin disorders. In a punch biopsy in particular, the doctor uses an instrument called a punch to remove a circular section of all layers of the skin in the affected area.

### Useful Information:

- Quick to perform.
- Requires a local anaesthetic.
- Results in only a small wound.
- Will likely require 1-2 stitches to close the wound.

### What is involved in the Procedure?

The doctor will numb the area of concern using a local anaesthetic injection. The doctor will then use a surgical instrument called a punch to remove a small, circular section of the skin. The punch usually removes a section of the epidermis, dermis, and subcutis. The wound will then be closed using 1-2 stitches, which will help prevent an infection from occurring. A scar is possible but is usually very small.

### Is the treatment painful and will I need time off work?

The wound and surrounding area of the skin may be painful for a few days after the procedure but regular painkillers such as paracetamol should help relieve this. Time off work should not be necessary.

### What is included in the price of this treatment?

The GP's consultation fee and all surgical costs are included in the prices quoted.

## Prices and PCSA Doctors

Prices for Skin Punch Biopsies, PCSA doctors, their location, typical waiting times and other information can be found on the letsbuyhealthcare website or by holding your phone camera up to this QR code.





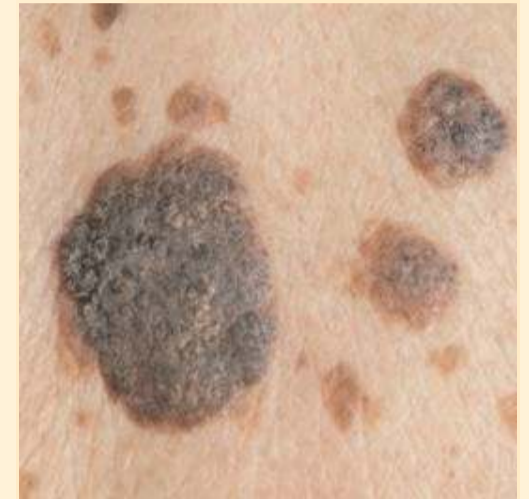
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## COMMUNITY SURGERY TREATMENT AND SERVICES

### Removal of Seborrhoeic Keratosis Treatment Code 1510



#### What is Seborrhoeic Keratosis?

A seborrhoeic keratosis, or seborrhoeic wart, is a common form of noncancerous skin growth or 'mole'. The growths are often brown, black, or light tan in colour, have a scaly, waxy texture, and are often slightly raised. They are commonly found on the back, neck or chest.

They are harmless and currently have no known cause, but often occur as you get older.

#### Common symptoms / identifiers:

- Ranges in colour from light tan to black or brown
- Round or oval shaped
- Flat, or slightly raised with a scaly surface
- Can range in size from very small, to more than 1 inch (2.5cm) in diameter
- May itch

#### How can Seborrhoeic Warts be treated?

Seborrhoeic keratosis or seborrhoeic warts can be removed by 'shaving' or 'cutting' the wart under a local anaesthetic, or they can be frozen off using cryotherapy.

#### Is the treatment painful and will I need time off work?

The affected area will be tender for about a week or so. You would not normally need any time off work.

#### What is included in the price of this treatment?

The GP's consultation fee and all surgical costs are included in the prices quoted. If there are more than 6 warts for removal, additional costs may apply.

### Prices and PCSA Doctors

Prices for removal of seborrhoeic warts, PCSA doctors, their location, typical waiting times and other information can be found on the letsbuyhealthcare website or by holding your phone camera up to this QR code.





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## COMMUNITY SURGERY TREATMENT AND SERVICES

### Removal of Actinic/Solar Keratosis Treatment Code 1514



#### What is an Actinic Keratosis?

An actinic keratosis, also known as a solar keratosis, is a crusty, scaly growth that is caused by sun damage. They are predominantly found on sun-exposed areas of the body, such as the face, lips, ears, scalp, neck, forearms, or the back of the hands. They usually first appear in people over 40 as they are caused by years of frequent exposure to the sun. Fair-skinned, blue-eyed, red- or blonde-haired individuals, who burn easily in the sun, are at particular risk. Those who develop one actinic keratosis are at risk of developing more in the future.

#### Common symptoms / identifiers:

- Rough, dry, or scaly patch of skin, usually less than 2.5cm in diameter
- May be flat or slightly raised
- Sometimes they present with a hard, wart-like surface
- Colour can vary, may be pink, red, or brown.
- Itching, burning, or crusting may occur.

#### How can Actinic Keratosis be treated?

Actinic keratosis growths can be removed by freezing them with liquid nitrogen, scraping/curettage, or laser therapy. Side effects of these procedures may include scarring, changes in the colour of the treated area and infection.

#### Is the treatment painful and will I need time off work?

The affected area will be tender for about a week or so. You would not normally need any time off work. The procedure is typically an outpatient one. Care should be taken with the affected area(s) to prevent infections developing.

#### What is included in the price of this treatment?

The GP's consultation fee and all surgical costs are included in the prices quoted.

### Prices and PCSA Doctors

Prices for removal of actinic keratosis, PCSA doctors, their location, typical waiting times and other information can be found on the letsbuyhealthcare website or by holding your phone camera up to this QR code.





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# COMMUNITY SURGERY TREATMENT AND SERVICES

## Removal of Skin Tags Treatment Code 1548



### What are Skin Tags?

Skin tags are small benign growths that hang off the skin. They are typically found on the neck, armpits, groin, or eyelids. They are small, soft, and skin coloured. They are generally very small but can vary in size from a few millimetres to up to 5 centimetres in width. They are made of loose collagen (a protein found in the skin) and blood vessels. They tend to be found in the folds of the skin, where the skin rubs against itself.

### Common symptoms / identifiers:

- Usually smooth and soft to touch.
- Hang off the skin.
- Knobbly.
- Non-contagious.
- Not usually painful.

### How can Skin Tags be Treated?

You should not attempt to remove a skin tag without consulting a GP. Skin tags can quite easily be removed by using burning or freezing procedures, similar to a wart removal. Burning or freezing a skin tag can cause irritation and temporary skin discolouration. Skin tags may also be removed using a minor surgical procedure.

### Is the treatment painful and will I need time off work?

The treatments outlined above can cause irritation and discomfort, but are rarely painful. Time off work is usually unnecessary.

### What is included in the price of this treatment?

The GP's consultation fee and all surgical costs are included in the prices quoted.

## Prices and PCSA Doctors

Prices for removal of skin tags, PCSA doctors, their location, typical waiting times and other information can be found on the letsbuyhealthcare website or by holding your phone camera up to this QR code.





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## COMMUNITY SURGERY TREATMENT AND SERVICES

### Excision of Benign Lesions and Sebaceous Cysts

Treatment Code 1552



#### What are Benign Lesions and Sebaceous Cysts?

A skin lesion is any damage or abnormal change in the tissue compared to the skin around it. Benign lesions are non-cancerous. There are many types and causes of skin lesions.

Cysts are lumps that develop under the surface of the skin. They are often found on the head, neck, back, or genitals. They can range in size from only millimeters to inches in diameter. They appear as a small bump and the skin may be normal-coloured, whitish, or yellowish in colour. They are usually filled with white, keratin debris. Sebaceous cysts are a form of benign lesion.

#### Common symptoms / identifiers:

- Usually painless but can become inflamed and irritated.
- Small bumps under the surface of the skin.
- Sometimes confused with boils or abscesses

#### How can Benign Lesions and Sebaceous Cysts be treated?

Sebaceous cysts often do not go away completely on their own and surgical intervention by a GP is often necessary to get rid of them. For the removal, a local anaesthetic is used to numb the area. A small incision is made into the cyst and it is then squeezed out. The procedure is likely to leave a scar, varying according to the size of the cyst. There is also a small chance that the cyst may recur.

#### Is the treatment painful and will I need time off work?

The treatment involves an incision into the skin, care should be taken to prevent this getting infected. The area may be tender after the procedure but time off work should not be necessary.

#### What is included in the price of this treatment?

The GP's consultation fee and all surgical costs are included in the prices quoted.

### Prices and PCSA Doctors

Prices for removal of benign lesions and cysts, PCSA doctors, their location, typical waiting times and other information can be found on the letsbuyhealthcare website or by holding your phone camera up to this QR code.





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## COMMUNITY SURGERY TREATMENT AND SERVICES

### Excision of Eyelid (Meibomian) Cyst? Treatment Code 2610



#### What is an Eyelid Cyst?

An eyelid cyst, commonly called a chalazion, also referred to as a meibomian cyst, is a hard lump that forms in the eyelid. They are usually caused by a blocked Meibomian gland in the eyelid. They can occur on the upper or lower eyelid, but are more common on the upper eyelid. The lump can gradually increase in size, and become red and painful if it is infected. They usually develop in adults between the ages of 30 and 50. They are uncommon in children, but can occur. You should never push on an eyelid cyst, or try to pop it.

#### Common symptoms / identifiers:

- Painless bump present on the eyelid, normally the upper eyelid.
- Mild irritation to the eye, may cause the eyes to water.
- Larger cysts may cause blurred vision if they push on the eyeball.
- May become painful and swollen if infection occurs.

#### Surgical Removal of an Eyelid Cyst

Eyelid cysts may initially be treated at home using conservative methods but if the chalazion persists, you may need to consult a doctor about surgical treatment. The cyst may need to be drained or removed by performing a small incision into the affected area under a local anaesthetic.

#### Is the treatment painful and will I need time off work?

The procedure is an outpatient one so you will generally be able to return home the day of the excision. You should not require time off work to recover. You will be required to wear an eye pad after the procedure so you should not drive yourself to or from the surgery.

#### What is included in the price of this treatment?

The GP's consultation fee and all surgical costs are included in the prices quoted.

### Prices and PCSA Doctors

Prices for removal of eyelid cysts, PCSA doctors, their location, typical waiting times and other information can be found on the letsbuyhealthcare website or by holding your phone camera up to this QR code.





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## COMMUNITY SURGERY TREATMENT AND SERVICES

### Removal of Ingrown Toenail? Treatment Code 4160



#### What is an Ingrown Toenail?

An ingrown toenail occurs when the side of the toenail grows into the surrounding skin. Often, the big toe is affected on one or both sides of the nail. The nail curls and pierces the skin, which then becomes red, swollen and tender to touch. They are quite a common problem, but the risk of complications are higher if you suffer from diabetes or other conditions that cause poor blood circulation.

#### Common symptoms / identifiers:

- Pain when pressure is put on the toe.
- Build up of fluid (oedema) in the area surrounding the toe.
- Inflammation of the skin at the end of the toe.
- Bleeding
- Overgrowth of skin around the affected area.
- White or yellow pus coming from the affected area.

#### How can Ingrown Toenails be treated?

The most common surgical treatment for ingrown toenails is partial surgical avulsion, which involves removing part of the affected toenail. In some cases, a total nail avulsion is required, which involves removal of the whole toenail. A local anaesthetic is used to numb the toe and the edges of the nail are cut away. A chemical called phenol is often then applied to prevent those parts of the nail growing back and causing another ingrown toenail.

#### Is the treatment painful and will I need time off work?

The affected area will be wrapped in a sterile bandage after surgery and pain is likely, so pain relief such as paracetamol or ibuprofen should be taken as instructed. The foot should be rested and kept raised for two days after the surgery, so time off work may be needed for this.

#### What is included in the price of this treatment?

The GP's consultation fee and all surgical costs are included in the prices quoted.

### Prices and PCSA Doctors

Prices for removal of ingrown toenails, PCSA doctors, their location, typical waiting times and other information can be found on the letsbuyhealthcare website or by holding your phone camera up to this QR code.





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## COMMUNITY SURGERY TREATMENT AND SERVICES

### Removal of Verrucas and Warts Treatment Code 4210



#### What are Verrucas and Warts?

Verrucas, also known as plantar warts if they occur on the foot, are thickenings of the skin in a localised area. These warts are caused by an infection of the outer layer of the skin, the epidermis, by the human papilloma virus. Verrucas are a noncancerous form of skin growth. They can vary in size from just a few millimeters to more than a centimeter. They have a rough surface and protrude from the skin.

#### Common symptoms / identifiers:

- Usually do not cause any symptoms.
- Rough in texture
- Protrudes from the surface of the skin.
- Small black dots may be visible on close inspection.
- May be uncomfortable, particularly if they are located on a weightbearing area.

#### How can Verrucas and Warts be treated?

Verrucas and warts can be removed by a doctor using cryotherapy. This involves freezing the warts with liquid nitrogen. It may need to be repeated to fully remove the wart. Alternative chemicals to liquid nitrogen can also be used

#### Is the treatment painful and will I need time off work?

The treatments outlined above can be painful, but time off work is usually unnecessary.

#### What is included in the price of this treatment?

The GP's consultation fee and all surgical costs are included in the prices quoted. Additional costs may apply if there are numerous verrucas or warts to be removed.

### Prices and PCSA Doctors

Prices for removal of verrucas and warts, PCSA doctors, their location, typical waiting times and other information can be found on the letsbuyhealthcare website or by holding your phone camera up to this QR code.







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# COMMUNITY SURGERY TREATMENT AND SERVICES

## Dermatology Consultation Treatment Code 52300

### Can I consult a GP about my skin concerns?

Yes. In fact, many GP's have a special interest in dermatology and have undergone specific additional training in this area.

### When should I have a skin assessment?:

- When a new, concerning skin growth appears somewhere on your body.
- An existing growth has changed in some way.
- A rash has appeared.
- You think you are having an allergic reaction to something.



### PCSA Doctors

PCSA doctors, their location, typical waiting times and other information can be found on the letsbuyhealthcare website or by holding your phone camera up to this QR code.

