

COMMUNITY SURGERY TREATMENT AND SERVICES

Patient Information Booklet

Issue 2, 02/23.



Primary Care Surgical Association



Letsbuyhealthcare

PCSA Annual Scientific Meeting 2022



About us

PRIMARY CARE SURGICAL ASSOCIATION (PCSA)

The PCSA was established in 2012 by a group of Irish GPs with a special interest in primary care surgery. These doctors were already providing a community surgery service for their own patients but rather than working in isolation throughout the country they decided to come together in an effort to enhance the professional standards in this important area of general practice.

The PCSA currently has over 60 member GPs. These doctors provide routine skin surgery procedures such as biopsies, simple excisions, cryosurgery and ingrown toenail surgery. Some PCSA members also provide more complex procedures such as skin cancer surgery, vasectomies and joint injections, all in a community setting.

The aims of the PCSA are:

- To promote the highest standards in surgical services provided in primary care settings in Ireland,
- To further education and training needs of practitioners working in this area,
- To work with other professional organisations, both in Ireland and abroad, to develop validated guidelines for primary care surgery in Ireland,
- To function as an advocacy group for its members,
- To provide a forum for the exchange of views, information and resources amongst community surgeons in Ireland,
- To promote the work of the PCSA in the media and online, in collaboration with Letsbuyhealthcare.

We hope you find this information booklet helpful.



PCSA Members



Ref. 	Practitioner	Practice	Location
121	Dr Páraic Meaney	Lahinch Burron Medical Centre	Clare
135	Dr Brendan Payne	Woodbrook Family Practice	Cork Newmarket
90	Dr Matt Dahm	Community Surgery Ireland	Cork Clonakilty
136	Dr Paul Carroll	Churchtown Medical Centre	Dublin Churchtown
139	Dr Lakshmi Parameswaran	Coolock Primary Care Centre	Dublin Coolock
28	Dr Tony O'Sullivan	Community Surgery Ireland	Dublin Irishtown
137	Dr Paul McElhinney	Clannad Medical Centre	Dublin Kilbarrack
73	Dr Mark Wheeler and Dr David O'Connell	Community Surgery Ireland-Edenpark Medical	Dublin Raheny
133	Dr Adrian Rutledge	Slievemore General Practice	Dublin Stillorgan
84	Dr Shastri Persad	Community Surgery Ireland	Galway Knocknacarra
138	Dr Kieran Coleman	Westside Surgery	Galway Westside
26	Dr David Buckley	Kerry Skin Clinic	Kerry
68	Dr Justin Kwong	Primary Care Surgical Services	Kilkenny
71	Dr Niall Maguire	Community Surgery Ireland	Meath Navan
134	Dr Mark Mc Cormick	Clonbrusk Medical Centre	Westmeath
100	Dr Kieran Mc Cabe	Weaver's Square Surgery	Wicklow

NOTE FOR PATIENTS AND GPs

If you are a patient/a GP who has a patient who would like one of the doctors listed to provide a diagnosis and/or treatment for one of the conditions listed please make/ask the patient to make an online booking on Letsbuyhealthcare.com. The information required to make any booking is straightforward and available on the website. For convenience a QR code is shown here that can be scanned.



Book now

PCSA Disclaimer

The PCSA is a network of GPs with a special interest in community-based surgery. For many patients, including those with conditions described in this booklet, PCSA members offer an appropriate treatment pathway. While the PCSA aims to promote high standards in community surgery it cannot provide accreditation, governance or quality assurance of the doctors listed here.

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Introduction

Community surgery means having common skin, joint and nail diseases treated by a GP under local anaesthetic without having to go to hospital.

GPs have traditionally undertaken common procedures such as removal of lumps and bumps, cysts, tags, moles as well as surgery to ingrown toenails, and the diagnosis and removal of many skin cancers.



This catalogue sets out some of the more common treatments, procedures and services that are available together with some useful patient information.

Please discuss your concern with your GP who can refer you, or you can enquire directly about your condition by booking through letsbuyhealthcare.com

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Removal of Seborrhoeic Keratosis

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.

Removal of Seborrhoeic Keratosis

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.

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 at <https://letsbuyhealthcare.com/removal-of-seborrhoeic-keratosis-or-seborrhoeic-warts.html>



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.

Letsbuyhealthcare
Treatment Code

1510

Removal of Actinic / Solar Keratosis

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.

Removal of Actinic / Solar Keratosis

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.

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 at <https://letsbuyhealthcare.com/removal-of-actinic-keratosis-or-solar-keratosis.html>



What is included in the price of this treatment?

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

Letsbuyhealthcare
Treatment Code

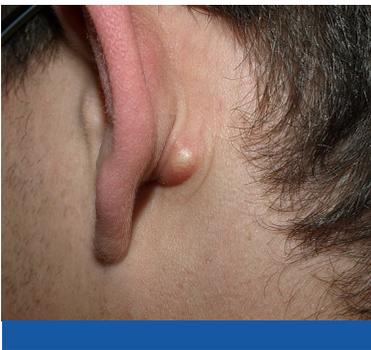
1514

Excision of Benign Lesions and Sebaceous Cysts

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 millimetres 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.

Excision of Benign Lesions and Sebaceous Cysts

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.

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 at <https://letsbuyhealthcare.com/excision-of-benign-lesions-and-sebaceous-cysts.html>



What is included in the price of this treatment?

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

Letsbuyhealthcare
Treatment Code

1552

Removal of Skin Tags

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.

Removal of Skin Tags

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.

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 at <https://letsbuyhealthcare.com/removal-of-several-skin-tags-or-acrochorda.html>



What is included in the price of this treatment?

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

Letsbuyhealthcare

Treatment Code

1548

Verruca and Wart Removal

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 non-cancerous form of skin growth. They can vary in size from just a few millimetres to more than a centimetre. 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 weight-bearing area.

Verruca and Wart Removal

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.

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 at <https://letsbuyhealthcare.com/verruca-wart-removal-treatment.html>



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.

Letsbuyhealthcare
Treatment Code

4210

Acne

What is Acne?

Acne is a common skin condition that happens when hair follicles under the skin become clogged.

Sebum (an oil that helps keep skin from drying out) and dead skin cells block the pores, which leads to outbreaks of lesions, commonly called spots, pimples or zits.



Common Symptoms / Identifiers:

- Crusting of skin bumps.
- Cysts.
- Papules (small red bumps).
- Pustules (small red bumps containing white or yellow pus).
- Redness around the skin eruptions.
- Scarring of the skin.
- Whiteheads.
- Blackheads.

Acne

How can acne be treated?

A combination of antibiotic tablets and topical treatments is usually the treatment option for severe acne. If this doesn't work, your GP may prescribe a medication.

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

The treatments outlined are usually not painful and time off work is usually unnecessary.

Prices and PCSA Doctors

Prices for treatment of acne, PCSA doctors, their location, typical waiting times and other information can be found on the letsbuyhealthcare website at <https://letsbuyhealthcare.com/acne-treatment.html>



What is included in the price of this treatment?

The GP's consultation fee is included in the price quoted. Additional costs may apply for medication and prescriptions.

Letsbuyhealthcare
Treatment Code

1544

Removal of Ingrown Toenail

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.

Removal of Ingrown Toenail

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.

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 at <https://letsbuyhealthcare.com/ingrown-toenail-removal-surgery.html>



What is included in the price of this treatment?

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

Letsbuyhealthcare

Treatment Code

4160

Excision of Eyelid (Meibomian) Cyst

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.

Excision of Eyelid (Meibomian) Cyst

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.

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 at <https://letsbuyhealthcare.com/injury-to-eyelid-repair-superficial.html>



What is included in the price of this treatment?

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

Letsbuyhealthcare
Treatment Code

2610

Vasectomy

What is a Vasectomy?

A vasectomy is a male sterilisation technique which is a very reliable form of long term contraception. It involves disconnecting the vas deferens by cutting the tubes and sealing the ends to prevent sperm from mixing with the semen, thereby preventing fertilisation from occurring.

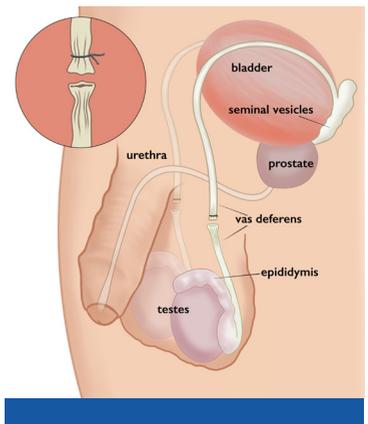
Useful information:

- Vasectomy procedures are over 99% effective.
- It is considered a permanent form of contraception but contraception will need to be used for at least 12-16 weeks after the procedure.
- It is difficult to reverse.
- Up to 2 tests are done on the semen to ensure the absence of sperm in the semen.
- There is a small risk of infection as it is a surgical procedure.
- It does not protect against sexually transmitted diseases.

What is involved in the procedure?

A vasectomy is a relatively quick and painless surgical procedure. It is usually carried out under local anaesthetic. It is a day procedure and you will be able to go home afterwards.

There are two forms of vasectomy - a conventional vasectomy using a scalpel, or a no-scalpel vasectomy.



Vasectomy

Is the procedure painful and will I need time off work?

Bruising and tenderness of the area is quite common after the procedure. When the anaesthetic wears off, you may feel some slight discomfort as expected and the doctor will discuss pain management with you. In most cases, time off work is not necessary.

Prices and PCSA Doctors

Prices for vasectomies, PCSA doctors, their location, typical waiting times and other information can be found on the letsbuyhealthcare website at <https://letsbuyhealthcare.com/vasectomy.html>



What is included in the price of this treatment?

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

Letsbuyhealthcare
Treatment Code

689

Skin Punch Biopsy

What is a Skin Punch Biopsy?

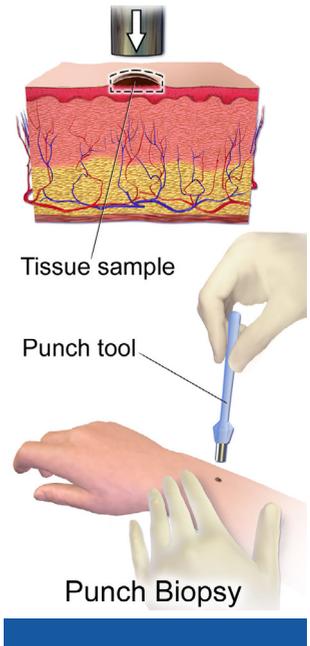
A skin punch biopsy, also referred to as just a skin biopsy, is a procedure that involves the surgical removal of a small sample of skin. A skin biopsy is usually part of a diagnostic process. They are often used to help doctors diagnose various skin concerns, such as skin cancer, infection, or other 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.



Skin Punch Biopsy

Is the procedure 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.

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 at <https://letsbuyhealthcare.com/skin-punch-biopsy-with-suturing.html>



What is included in the price of this treatment?

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

Letsbuyhealthcare
Treatment Code

17

Dermatology Consultation

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.



Letsbuyhealthcare

Treatment Code

52300

Letsbuyhealthcare in the news

10 Sun Monday, January 16, 2023

HEALTHCARE IN CRISIS

DOCTOR: LET'S CUT HOSPITAL DELAYS



EXCLUSIVE by NEIL COTTER
TENS of thousands of patients waiting up to a year for a routine hospital appointment could be in and out of a local clinic in weeks, says a doctor.

Dr Kieran McCabe is one of hundreds of doctors available to take the load off the creaking health service, get people off trolleys and off waiting lists.

The Ballyglass, Co Wicklow, physician told The Irish Sun: "It's



One in 5 on wait list

something not all people are aware of. We are here to take some pressure off."

Figures from the National Treatment Purchase Fund show there were over 812,000 patients on national public hospital waiting lists at the end of December - close to one in five of the population.

One million Irish people are without medical cards or private health insurance, which leaves them at the mercy of waiting lists.

But Letsbuyhealthcare is providing access to care for those patients from each of Ireland's 19 private hospitals.

And more than 150 GPs and community clinics insist they have the capacity to ease the burden on hospitals.

Among the listed procedures available on their website are full skin cancer checks for €120 in just two weeks, oncology consultations for €150 in three weeks, cardiology for €150 in three weeks, or scans for scoliosis for €75 in less than a week.

Dr McCabe said: "I've been doing community surgery for two to three years and was practising in the hospital system before that. It gives a prompt service to patients,

avoids delays, is more easily accessible with less travel and worries and certainly cost efficient as well."

"Wait times for these varies around the country, but six to 12 months is not unusual. We could do it within a month."

The GP said providing community surgery for common issues would make room for hospital doctors to focus on more serious issues.

He said: "We could look after the work some hospital doctors are otherwise doing, free up some of their time and some outpatient clinics."

He added: "It's hard to manage several crises at the same time, so community surgery could really reduce this and free up doctors to do more complex cases."

10 Sun Monday, January 16, 2023

THE IRISH Sun SAYS Health boost

AROUND one million people in Ireland do not have a medical card or access to private health insurance.

They are in a no-man's land when it comes to accessing care, left at the mercy of the public system and long waiting lists, priced out of private care. There are many complex factors contributing to the various crises being endured at the moment and for the past few decades. The huge numbers on trolleys is a symptom of that.

Anything that can help needs to be considered as many hospitals are now clearly too overcrowded to be safe for patients or the people working there.

Letsbuyhealthcare is providing that million-person cohort access to private treatment for those without insurance.

What is interesting is that doctors involved say they can provide services quickly and efficiently, which could eat into the lengthy waiting lists.

By performing the less serious procedures in local community settings they can keep patients out of hospitals when they don't need to be there.

It has a knock-on effect, including having fewer people on trolleys and letting hospitals work inside capacity.

It would be interesting to see as the service grows just what sort of impact it could have on those numbers which are such a burden to the nation's health.

The system needs all the help it can get.

Your health Your money Your choice



Letsbuyhealthcare

Have control, choice,
access and value for your
private healthcare needs

JOIN TODAY!

Letsbuyhealthcare.com

About Letsbuyhealthcare

Traditionally healthcare support was only available if an individual fell in one of two general categories - either privately insured or public patients. Those that want to choose private healthcare but can't afford, or don't want, private health insurance were not so well catered for.

These people are essentially on their own:

- to navigate the unfamiliar journey into accessing private healthcare
- making estimations on both cost and value.

It's daunting.

Letsbuyhealthcare is setting out to change all that.

We are a collective, community, co-operative proposition to make the connection between people and private healthcare.

Working closely with GPs and other healthcare providers, we are giving back choice and control of people's healthcare needs - in a simple, accessible way.

Contact us or visit [letsbuyhealthcare](https://letsbuyhealthcare.com) to become a member today.

If you are a professional healthcare provider and would like to know more, please get in touch to join us and find out more.

Letsbuyhealthcare

Your Health, Your Money, Your Choice

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JOIN TODAY!

Now available to members* in post offices nationwide

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*Your Letsbuyhealthcare membership card is required at post offices. This is provided after joining on the Letsbuyhealthcare website

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If any GP needs more copies of this booklet please
email us above.



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