



Your Community
Dermatology Appointment

Information Leaflet



Providing NHS services

What to expect - your Community Dermatology Appointment

Who will you see:

You will have been booked to see one of two clinicians:

- Dr Phil Wallek - a GP with a specialist interest in Dermatology.
- Dr Jesper Larsson - a GP, training to become a GP with a Special Interest in Dermatology.

Who else might be present:

Occasionally we have a nurse, registrar or medical student sitting in with us to help them learn about skin disease. Please let us know if you would prefer to be seen by the GP alone.

What should you bring:

It would be useful for you to bring a list of your usual medications, and what treatments you may have used on the skin already, whether it be from a pharmacy, obtained over-the-counter or prescribed by your usual GP.

What will occur during the session:

Firstly you will be asked questions about your skin problem, how long it has been going on for, and how it might have changed.

We will then look at the affected skin, and depending on the issue, other skin areas too if deemed necessary. We frequently examine sun-exposed areas such as your chest, back, and scalp. A Dermoscope is often used which is a special light and magnifying glass used to take a closer look at skin.

Sometimes, again depending on the issue, an external examination of your buttocks/anus or genitals may be necessary. We will explain and ask for your consent if this is the case and offer the option of a trained chaperone.

On the day, we may offer you a procedure:

Biopsy: A biopsy is offered if the diagnosis is unclear. This is done under a local anaesthetic and involves a small cut and removal of a sample of the skin to send to the lab. The cut will heal with a small scar.

Cryotherapy: The lesion may be easily treated with a few cycles of cryotherapy which is done by spraying very cold liquid nitrogen in short bursts to the affected area. This can sting and be slightly painful. It results in the local cells dying, and normally heals very well over the following weeks. This does not require any anaesthetic.

Curettage and Cautery: This is where a small part of affected skin is "shaved" off under local anaesthetic and then cauterised with low voltage electricity using a device called a Hyfrecator.

Excision: Larger lumps may require excision, meaning the lump is cut out and removed completely. This is done under a local anaesthetic. Sometimes it is possible to do this on the day, on other occasions we may require you to book another appointment.

How to find us:

Our address is:

Foundry Healthcare Lewes: School Hill

School Hill House

33 High Street

Lewes

East Sussex

BN7 2LU

How to access the building:

The entrance is at the back of the building. The door on the High Street is not accessible.

If you walk down Walwers Lane you will come to a gate leading into a garden and path on your left-hand side. There is a ramp for wheelchair accessibility.

Press the button on the buzzer and a member of staff will answer and let you into the building. The waiting room is at the end of the hallway, past the large staircase.

Where to Park:

There is on street parking with Pay and Display on the High Street, and around Lewes. West Street Car Park is a 3-minute walk away, and Phoenix Causeway Car Park is a 7-minute walk. There is unfortunately no patient-specific parking available next to the practice.

Transport:

Bus: There is a bus stop directly outside the building. Community run and local county bus services regularly stop here.

Train: Lewes Train Station is a 6-minute walk away.

What to do if you need to cancel your appointment:

To cancel or rearrange your appointment please contact our Team:

E. sxib-esx.foundry.dermatology@nhs.net

T. 01273 480888 (**Option 5** for referrals)