Wound Care Instructions following Minor Surgery

Dermatology Department
Medical Specialities

This leaflet has been designed to give you important information about your condition/procedure, and to answer some common queries that you may have.
You have……..stitches in your wound.
These will need to be removed in……..days time. Please make an appointment with the nurse at your own doctors’ surgery for this.
Please note that it may take 4-6 weeks for your results to arrive at your GP surgery.

The following advice is to help prevent any complications to your wound.

What to expect:
The first 24 to 48 hours after surgery
Relax and try to take it easy. Vigorous exercise or heavy lifting could cause the wound to bleed.
When the local anaesthetic wears off you may feel some soreness or discomfort. Mild pain will normally respond well to paracetamol. Do not take aspirin or tablets that contain aspirin unless you are already taking this for another condition and in which case you should continue to do so as previously instructed.
Avoid alcohol.
You may see a small amount of blood through the dressing. This is normal and if it does not increase you do not need to do anything further. If however the bleeding continues – apply firm pressure with a clean cloth directly over the wound dressing for about 10-15 minutes.
If the bleeding still continues apply an ice pack for a further 10 minutes. A simple ice pack can be made by placing a bag of frozen peas into a dry plastic bag and then wrap in a clean dry cloth to avoid wetting the dressing.
If bleeding continues contact your own doctors’ surgery or the local casualty department for further advice.
If you have a dressing covering the wound please try to keep this dry for the first 48 hours. If you wish to take a bath or shower after this time you may do so but remove the dressing first, do not soak under the water for a long period, pat the area well dry with the towel and replace the dressing immediately after.

What else to expect:
For the first few days the wound may feel tender. There may be bruising and swelling to the skin around the surgery area especially if your operation was near the eye. This is a normal reaction and part of the healing process. This should improve over the following days.
The area around the wound may be numb for several weeks or much longer. There may be some altered sensation to the area of skin in the long term.
You may experience a sharp pain from time to time as the wound heals.
The stitch line / scarring will look a pink colour at first and the edges of the wound may look red. In time the colour and scarring will fade although this may take many months. If your surgery has been to the upper back, shoulders or upper chest areas the scarring may remain slightly thickened and raised.

Signs of infection to look out for:
The wound may feel hot and may look red and inflamed. There may be some crusting and fluid leaking from the wound. The area
may throb and feel sore. You may have a temperature, feel hot and sweaty and generally unwell. If you experience these symptoms please contact your GP for further advice.

References


Car Parking
If your appointment is to attend the Diana, Princess of Wales Hospital, you will need to pay for parking.

If you would like any further information or wish to discuss any details of your care further please contact:

Dermatology Dept:
Scunthorpe General Hospital
01724 290133

Goole District Hospital
01405 720720
Extension 4036

Diana Princess of Wales Hospital
01472 874111
Extension 2619

Concerns and Queries
If you have any concerns/queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email: nlg-tr.PALS@nhs.net

Confidentiality
Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.
Moving & Handling
The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, you may speak to any member of the nursing staff, the designated keyworker within the department or the Trust Moving & Handling Coordinator.

Zero Tolerance - Violent, Threatening and Abusive Behaviour
The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients/visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy
The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.