

## Useful contact numbers:

Plastic Surgical Nurse Practitioner: **07901943767**

Plastic Trauma Co-ordinator: **01296 31500 (bleep 774)**

Or email: **Plastic.SurgeryElective@buckshealthcare.nhs.uk**

Out of hours: Plastics On-Call Doctor: **01296 31500 (bleep 524)**

Ward 15 (SMH): **01296 416500**

Ward 16B (SMH): **01296 418110**

Ward 12A (WGH): **01494 426401**

Plastic Consultant Secretary: **01296 316639, 315119, 315117**

Plastic Surgery Department  
Buckinghamshire Healthcare NHS Trust  
Stoke Mandeville Hospital, Mandeville Road, Aylesbury  
Buckinghamshire, HP21 8AL

### How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

[www.buckshealthcare.nhs.uk](http://www.buckshealthcare.nhs.uk)

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## Hydradenitis

Discharge Information for  
Patients

### Patient Information Leaflet

If you require a translation or an alternative format of this leaflet please call PALS on 01296 316042

Safe & compassionate care,

every time

## Going home following excision of hidradenitis

Going home after surgery is difficult but hopefully this information will help you with your recovery and managing possible complications. On arrival at home the following points are important:

### Lifting

With skin graft or flap: 2-3 months. Without skin graft or flap: Up to 1 month. This includes: No heavy housework (e.g. vacuuming), no lifting children, no carrying heavy shopping or washing baskets.

### Deep Vein Thrombosis (DVT) Prophylaxis

You should continue to wear your 'Thrombo Embolic Deterrent' (TED) stockings until review in clinic by your consultant. If you are a day case patient you may not need to wear TEDs, please follow the advice given by your Consultant.

### Driving

You should not drive until you are moving easily (at least 4 weeks post-op). If you drive while stiff and sore it will affect your reaction time. You may find that your insurance is also affected after your surgery until you are deemed fit by your Doctor. Check with your insurance company before driving.

### Pain Relief

Take pain relief as instructed and necessary. Do not take aspirin based tablets as this may encourage bleeding. This does not include aspirin prescribed for some patients.

### Returning to Work

After discharge you may need to take 1-3 months of work. This will depend on what your Consultant has recommended and what your job is. If you require a certificate for your employer/ work please ask before going home.

## Complications

### Infection

It is essential that you are aware of signs and symptoms which may indicate infection. Infections can occur at any point after surgery. Signs and symptoms of infection to be aware of are:

- Redness/ inflammation to incision sites that is spreading
- Excessive oozing on dressings
- Offensive smell from dressings
- Increased pain in the area that has been operated on that is not relieved by pain relief
- Increased swelling to the operated area
- Temperature – flu-like symptoms, feeling hot and cold or shivering.

### Dressings and Follow ups

It is important that you keep your dressings dry and in place as instructed by the Doctor/Nurse before your discharge. However if your dressing does need changing before your arranged appointment you should contact the Plastic Surgical Nurse Practitioner (SNP) or on-call doctor and seek advice. It is also important that you attend all your follow ups that are made for you. This is to allow the plastics team to monitor you and your surgical site.

If you are worried that you may have an infection or any other complication, you must contact the SNP or the On-Call Plastic doctor or the ward you were discharged from.

If you are unable to get the assistance needed, please attend the Emergency Department at Stoke Mandeville Hospital.