

Department of Dermatology, Allergy and Skin Surgery

Patient Information – Post Operative Wound Care

Please contact your GP surgery to book an appointment to have your stitches removed, as per the attached letter.

To ensure that you obtain quick healing and an optimal cosmetic result, please follow the advise below unless told otherwise:

1. When the local anaesthetic has worn off after 2-4 hours, you may experience pain or throbbing. We recommend simple painkillers such as Paracetamol, 2 x 500mg tablets every 4-6 hours, up to 8 per day. Avoid Aspirin, Brufen or Voltarol unless already being taken for another condition, as these have a tendency to prolong bleeding time.
1. You will need to rest after surgery and avoid any strain to the area as this can produce stretched and more noticeable scars. For surgery on the head/face: Keep head upright, no leaning forward or bending down for 24 hours. Use an extra pillow at night. For surgery on a limb: elevation can help reduce swelling and throbbing.
3. Either: (please amend)

Keep the dressing clean and dry for 48 hours avoiding baths and showers. After 48 hours soak the dressing under the shower or in cooled, boiled water and gently remove the dressing. Avoid dirty water in baths and swimming pools while the stitches are in place. Pat the area dry or leave to air dry. Then apply a thin layer of clean/new Vaseline and cover with a water proof plaster. This is to prevent a scab forming.

or:

Leave the dressing on and keep clean and dry until the stitches are removed. Avoid getting the dressing wet in the bath, shower or swimming pool.

Safe & compassionate care,

every time

Post Operative Wound Care

4. Very occasionally the wound may bleed. **Do not** remove the dressing but apply continuous pressure with a clean handkerchief or towel for 15 minutes. Slowly release pressure and if the wound is still bleeding re-apply firm pressure for another 15 minutes. This stops most bleeding but if you are concerned or the wound still bleeds, please contact the nurses at the Dermatology department on one of the numbers below, or contact your GP or attend A&E.
5. Please arrange for the stitches to be removed as per the attached letter. After the stitches are removed ensure the wound is secured with steristrips for 1 week on the face or 6-8 weeks on the body or limbs. Avoid strenuous exercise that will put tension on the wound for another 4-6 of weeks depending on the site of surgery.
6. When the wound has healed over and the steristrips or micropore tape removed, please massage the scar with vaseline or moisturiser for about 1 minute, 3 times a day for a year. This will help soften the scar and improve the cosmetic result.
7. Results: all specimens are sent for histological evaluation to confirm the result. You will be contacted about the results but this may take up to 6-8 weeks. Your results may be discussed at a multidisciplinary meeting and a follow up may be arranged. Receptionists and medical secretaries do not give out results.

If you have any queries or concerns about wound healing or bleeding please telephone the Dermatology nurses.

Dermatology nurses: 01494 734630 from 9am to 5pm, Monday to Friday.

Outside of these hours please contact your GP surgery, attend the Minor Injuries Unit or call 111 for advice.

Post Operative Wound Care

Dear Doctor / Nurse,

Place patient label here.

This patient has had minor surgery. Please remove thestitches from her / his on:

Please apply steri-strips or micropore tape after the stitches have been removed for 1 week on the face, or up to 8 weeks to wounds on the body or limbs. This provides support to the fragile new tissue.

Thank you.

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 main entrance of the hospital and at the entrance to every clinical area before coming in to and after leaving the clinical area or hospital. 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.

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If you require a translation or alternative format of this leaflet please call the Dermatology Department on 01494 734604.