

# Wound Care Instructions Following Minor Surgery

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**Please note that it may take up to 4 weeks for you to receive your results  
(on occasions this can be longer)**

**Suture removal at your GP surgery on:**

You had an operation in the Dermatology Department today. Please follow these instructions as they will help prevent any complications as your wound heals.

## The first 24 to 48 hours after your surgery:

Relax and take it easy. Vigorous exercise or heavy lifting could cause the wound to bleed.

When the local anaesthetic wears off, you might feel some soreness or discomfort. You may take Paracetamol (2 tablets every 4 to 6 hours to a maximum of 8 in 24 hours) unless you are already taking another product containing Paracetamol or are allergic to this. Avoid alcohol and **DO NOT** take Aspirin or anti-inflammatory drugs such as Nurofen for the pain. **(Note: if you are already taking these medications for other conditions DO NOT STOP taking them without consulting your GP first).**

We may have covered the wound with a dressing. Please keep it dry. You may see a small amount of blood on your dressing. This is normal, however, if the bleeding continues:

- Apply firm pressure with a clean cloth over the dressing for 15 minutes.
- If bleeding still continues, apply an ice-pack for 15 minutes to the dressed area. A simple ice pack can be made by placing a bag of frozen peas into a dry plastic bag, wrapped in a clean cloth, this avoids wetting the dressing.
- If bleeding continues contact your own doctor or the Accident and Emergency at the James Paget University Hospital.

Leave the dressings intact until the stitches are removed. If you have been given Steri-strips for your practice nurse to apply, please ensure this happens. These help to give your wound extra strength whilst healing.

After the dressing is removed you may shower or take a quick bath. However, **DO NOT** soak the wound for a prolonged time. Follow the directions given by the doctor/healthcare professional at the time of the operation.

## What to expect

For the first few days your wound may be tender. There may be swelling and bruising around the wound, especially if it is near the eye. This is a natural part of the healing process and should reduce over the next few days following your surgery.

The area around your wound may be numb for several weeks or much longer. Altered sensation may be permanent after certain procedures, such as skin grafting.

You may experience occasional sharp pain as the wound heals.

In addition to the superficial stitches we might have used some deep stitches. These will not need to be removed as they dissolve over time.

For the majority of people the scar will initially be red and raised but usually reduces in colour and thickness over time with the overall result of the scar taking up to a year to fade in some cases.

## Things to watch out for

Signs of infection usually occur at about 5 days after the operation:

- The site of your wound may feel hot and look red and inflamed.
- You may have a discharge from the wound and this may be foul-smelling.
- You may have a fever or feel unwell

**Note: infection only occurs in 1-2% of cases – it is uncommon. If you are concerned please see your GP.**

Once the stitches have been removed, the scar will still be weak and might break down if you are not careful, therefore we ask you to keep the Steri-strips on until they fall off. Any exercise which might pull your scar should be avoided for another couple of months.

If you require time off work which needs a sick certificate please contact your own GP.

## For more information contact

### Dermatology Department Reception:

**Telephone: 01493 453601 / 453602**

### Dermatology Nurses:

**Telephone: 01493 453545**

### Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

### Trust Values

- Courtesy and respect
  - A welcoming and positive attitude
  - Polite, friendly and interested in people
  - Value and respect people as individuals  
So people feel **welcome**
- Attentively kind and helpful
  - Look out for dignity, privacy & humanity
  - Attentive, responsive & take time to help
  - Visible presence of staff to provide care  
So people feel **cared for**

- Responsive communication
  - Listen to people & answer their questions
  - Keep people clearly informed
  - Involve people  
So people feel **in control**
- Effective and professional
  - Safe, knowledgeable and reassuring
  - Effective care / services from joined up teams
  - Organised and timely, looking to improve  
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet, contact PALS 01493 453240**