Wound care instructions following minor surgery

For the first 24 hours after your surgery
Leave the dressing on and keep the site dry. If it should come loose you may re-tape it, but do not take it off. If a pressure dressing (gauze and tape) was applied over the dressing, keep this in place until before you go to bed. Unless advised otherwise by the Doctor or Nurse.

Relax and take it easy. No vigorous exercise or heavy lifting. This could cause the wound to bleed. Post-operative pain is usually mild, if any. You may take some paracetamol if required. Do not take medication containing aspirin or ibuprofen.

You may see a small amount of drainage or blood on your dressing. This is normal. However if the bleeding continues and saturates the dressing please do as follows:

- Apply firm pressure with a gauze swab over the bandage for 15 minutes.

If the bleeding 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, this avoids wetting the bandage.

If bleeding still continues, please call our department during office hours or contact Out of Hours Doctor. Dermatology Department – Tel: 01323 417400 ext 3715/3213

48 hours after your surgery
Carefully remove the dressing. If it seems very sticky or difficult to remove you may need to soak it off in the shower.

After the dressing is removed you may shower and get the wound wet. However, do not let the forceful stream of the shower hit the wound directly. We recommend that you do not soak the wound in soapy water and refrain from bathing and swimming. If you were given a cream to apply to the area please do so every day and reapply a clean dressing.

If you are concerned about an infection please contact your GP surgery.

If your wound required stiches please make an appointment in ____ days with your practice nurse for their removal.

Important Information
Please remember that this leaflet is intended as general information only. It is not definitive. We aim to make the information as up to date and accurate as possible, but please be warned that
it is always subject to change. Please, therefore, always check specific advice on the procedure or any concerns you may have with your doctor.

**Hand Hygiene**

In the interests of our patients the trust is committed to maintaining a clean, safe environment. Hand hygiene is a very important factor in controlling infection. Alcohol gel is widely available throughout our hospitals at the patient bedside for staff to use and also at the entrance of each clinical area for visitors to clean their hands before and after entering.

**Your comments**

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team on 01323 417400 Ext: 5860 or by email at:  
**esh-tr.patientexperience@nhs.net**

**Other formats**

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 01424 755255 Ext: 2620

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

**Reference**

The following clinicians have been consulted and agreed this patient information:

Dr Von Der Werth       Consultant Dermatologist
Sister Catherine Watsham Sister General Outpatients
Next review date:      January 2019

© East Sussex Healthcare NHS Trust – www.esht.nhs.uk