

# Postoperative Advice

## Dermatology Department

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Procedure: \_\_\_\_\_

### Stitches

You have \_\_\_\_\_ stitches. Please make an appointment with the nurse at your GP practice to have these removed in \_\_\_\_\_ days.

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Wound care

Keep the wound dry and covered for 2 days. After this remove the dressing and gently clean the area with cooled boiled water. Apply Vaseline twice a day directly onto the wound to help healing for 5 days.

### Pain relief

The anaesthetic effect will wear off after 2 - 4 hours. After that you may need to take plain Paracetamol if the wound is painful. We suggest that you avoid Aspirin, Anadin or Ibuprofen as all of these can increase the risk of bleeding.

### Bleeding

It is not uncommon to get a small amount of oozing from the wound. If it does bleed persistently, lie down and press constantly on the wound for at least 15 minutes.

### Infection

If the wound becomes infected, you will notice increased pain, swelling and redness. This may appear 2 -7 days after the procedure. Please contact your GP if you are concerned.

### Exercise

Strenuous exercise is not recommended for at least 4 weeks after your procedure. If you have any queries do ask your doctor or contact the Adviceline.

### Scar care

As part of the early healing process, initially scars are often red and lumpy. This gradually improves with time. Firm massage with Vaseline for 10 minutes a day will help to improve the appearance of the scar. Scars can sometimes thicken several weeks after surgery, especially on the upper body, upper arms and earlobes, but this can be treated if necessary.

### Follow-up

We will write to you and your GP with your results within 4-6 weeks.

If you need further advice please contact the Dermatology Secretaries or the Adviceline:

Dr Vaughan-Jones  
**01932 722748**

Dr Barkham / Dr Chandrakumar / Dr Williams / Dr Krol  
**01932 723720**

Dr O'Gorman-Lalor / Dr Christie  
**01932 722234**

Dr Scott / Dr Imran  
**01932 726667**

Dermatology Adviceline **01932 722298**

**Please note we monitor our postoperative infection rates. If your GP treats you for an infection in your wound, please let us know so that we can improve our service.**

Thank you.

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Clinical Nurse Lead, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [patient.advice@asph.nhs.uk](mailto:patient.advice@asph.nhs.uk). If you still remain concerned, the team can help you make a formal complaint.

**Author:** Lucy Daffam, Dermatology Specialist Nurse

**Department:** Dermatology

**Version:** 5

**Published:** May 2017

**Review:** May 2019

**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

আপনার অনুবাদের درکار ہلے এখনے یোগاযোগ করুন : 01932 723553

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

**Ashford Hospital** London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**

**St. Peter's Hospital** Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

**Website:** [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)