

# Vascular Surgery

## Day Surgery Post-Operative Advice

Date.....

Today you were admitted to the Day Surgery Unit for a .....

You were discharged by .....

You have .....over your wound.

Please remove the wool and crepe bandage on.....

Please change the top dressing on .....

Keep the dressing on your wound until.....

Keep your stockings on until.....

You have been given local anaesthetic in the wound, but this will wear off over the next few hours, so ensure you take regular pain relief to help.

If you notice bleeding, please elevate and apply firm pressure, if it doesn't stop after 15-20 minutes then attend A and E.

It is normal for the wound to first appear inflamed and bruised. However, if after a few days it becomes hot to the touch, any offensive discharge or if you have a temperature and feel unwell, please go and see your GP, as these are signs of an infection.

You must not stand still for long periods, but should keep moving. For the first day, walking around the house is sufficient, gradually increasing until you are walking 1-2 miles by the end of the week.

When sitting you should keep your leg elevated and do not sit with your legs crossed.

Notes.....  
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## 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 Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**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۔  
 ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553  
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں  
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553  
 यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553  
 Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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