

Postoperative Advice

Dermatology Department

Date: ____ / ____ / ____

Procedure: _____
Surgeon: _____

Stitches

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

Date ____ / ____ / ____

If your stitches are dissolvable these may take a few weeks. They can be removed after 2 weeks by the GP nurse if very irritating

Wound care

Keep the wound dry and dressings undisturbed for ____ 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 6-8 weeks.

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

Dr Vaughan-Jones
01932 723811

Dr Barkham / Dr Chandrakumar / Dr Krol/ Dr McCahy
01932 723720

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

Dr Scott / Dr Imran/Dr Keragala
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.

Curettage and Cautery

These areas will heal like a burn – cautery is a hot burn.

The treated area may blister or be red and oozy after the dark crust has separated.

A new crust will form and this will separate over a few weeks (face is faster) to leave a flat or slightly depressed scar. This may have less pigment than the surrounding skin.

If a dressing has been applied after the treatment; this may be removed the next day.

You may wash the treated area with water – avoiding breaking the surface of the wound.

When the wound is crusty – use Vaseline to make it more comfortable and leave uncovered.

When the wound is red and oozy use an antiseptic cream (e.g. Savlon) and cover if leaking to avoid it sticking to clothing.

If redness persists or spreads despite this treatment, this may be the consequence of an infection, please consult your GP or practice nurse for advice.

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. If you still remain concerned, the team can help you 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 ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون ਕਰیں: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم 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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