

Outpatients

Rugby St Cross Outpatients: Helping your wounds to heal

You can help your wound to heal in a number of ways and this leaflet explains what you can do to help your wound to achieve this.

Stop Smoking

- Oxygen is important for wound healing. Smoking damages circulation and therefore the amount of oxygen to the wound area.
- Your GP or Practice Nurse will be able to offer advice on smoking cessation.

Activities

- If your wound is on your lower leg it will tend to get swollen, this slows healing. Raise your leg above the level of your heart to reduce swelling and help the healing process.
- If your wound is on your face or neck, avoid stooping or bending forwards, as this will cause swelling and bleeding. Sleep sitting up using two pillows for 2-3 nights.
- Generally you should be able to be gently active, but avoid vigorous exercise until advised. Avoid extremes of temperature – keep out of the sun and the cold.

Take regular pain relief tablets when you need them. If you are in pain you will not want to move or eat, and your rehabilitation will be delayed.



Patient Information

Food and Drink

- Try to eat a varied diet and regular meals, unless you are on a restricted or special diet.
- Meals containing a balance of proteins and carbohydrates and good helpings of fruit and vegetables are important for providing all the nutrients you need.
- Foods containing protein are dairy products, eggs, fish, nuts and pulses.
- Fresh fruit and vegetables contain vitamins.
- Drink plenty of water.

Keep your wound area clean and dry until your follow up appointment.

What to do if you experience problems after surgery

Bleeding - Applying pressure on the bleeding point, held for five minutes usually controls most bleeding. If bleeding continues, seek advice from your GP or NHS Direct.

Please contact your GP Practice Nurse if any of the following occur:

- There is redness/heat around the wound;
- There is an increase in ooze from the wound;
- There is an offensive smell from the wound;
- There is an increase in the amount of pain you are experiencing.

If there are dressings on your wound be guided by the nursing staff with regard to dressing changes.

Patient Information

Further Information

If you have any other questions, please contact the Tissue Viability Team on 024 7696 6154.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6154 and we will do our best to meet your needs

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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