

Day Surgery Unit

General wound care information

Caring for your wound

If you have a dressing on your wound, keep it in place for 24 to 48 hours. If your wound is in a place where it might rub, such as your waistband or the top of your thigh, keep the dressing on at all times. This will help prevent irritation until the wound has healed.

- It is important to keep your wound clean and dry. After washing, gently pat your wound dry, making sure that you dry it properly. Leaving it wet can increase the risk of infection.
- Do not use talcum powder, perfume or perfumed soaps on your wound

Please contact your GP if your wound:

- Becomes red or inflamed (swollen or hot to touch)
- Begins to ooze or discharge
- Starts to bleed or if the discharge has an unusual smell
- Starts to smell

Pain relief

You will have been given a local anaesthetic in your wound, which should give you immediate pain relief. Once you are home, it is good idea to take regular pain relief. Paracetamol-based products are suitable. It is best not to



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take aspirin-based pain killers, as they may increase the risk of bruising. However, if you are already taking aspirin regularly, it's advisable to contact your GP for advice.

Removal of stitches (sutures)

Different types of stiches may be used in your wound, depending on your surgeon's preference and the type of wound. Some stiches will need to be removed, while others are self-dissolving and do not need to be taken out.

The stiches you have are _____ and therefore **do/do not** need removing.

Please come in _____ days to have the stiches removed, if needed.

Please note:

You will need to contact your GP surgery to book the above appointment before the date stated

If bleeding occurs

- If your wound starts to bleed, apply pressure to it.
- If your wound is on a limb, raise the affected arm or leg.
- If the bleeding does not stop after 15 minutes, contact your GP.

Returning to work

When you can return to work will depend on the wound, its position, and size. Ask the nursing staff or your surgeon for advice.

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Driving

The ability to drive will also depend on the wound's position and size. Ask your surgeon for advice.

Further Information

Depending on where you had your procedure, if you need more information or have any concerns, please contact :

- **UHCW Day Surgery Unit:** 024 7696 6852
- **Rugby Day Surgery Unit:** 01788 663 264 (available between 7.30am and 7.00pm, Monday to Friday)

If you have any concerns once you are home, please contact your GP.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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