

Day Surgery Unit

General wound care information

Caring for your wound

If you have a dressing to your wound, please keep it on for 24 to 48 hours. However, if your wound is in such a place where it might rub, for example:

- your waistband
- the top of your thigh

Then it may be advisable to keep a dressing on (at all times), until the wound has healed, so that wound does not become irritated.

- It is important to keep your wound clean and dry. After washing, 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
- bleeds or the discharge smells
- starts to smell

Pain relief

You will have been given a local anaesthetic in your wound which should give



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you immediate pain relief. Once you return home it is advisable to take regular pain relief. Paracetamol based products are suitable. It is advisable not to take aspirin based pain killers as this might increase the risk of further bruising. However, if you are already taking aspirin as a routine medication then it would be advisable to contact your GP for advice.

Removal of sutures (stitches)

There are different types of sutures that can be used in your wound, depending on your surgeon's preference and the type of wound. Some will need to be removed whilst others are self dissolving and so do not need removing.

The sutures you have are _____ And so **do/do not** need removing.

Please attend in _____ days to have the sutures removed.

Please note:

You will need to contact your GP surgery to make the above appointment, prior to the date stated

If bleeding occurs

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

Returning to work

The wound, its position and size will determine when it is advisable to return to work.

Ask nursing staff or your surgeon for advice.

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Driving

This again depends on the wound, its position and size. Ask your surgeon for advice.

If you have any concerns or problems following your operation, please contact:

The Day Surgery Unit at University Hospital Coventry

Telephone 024 7696 6868 or 024 7696 6861 between the hours of 8.00am and 9.00pm Monday to Friday

Rugby St Cross Day Surgery Unit

Telephone 01788 663264 between the hours of 7.30am and 7.00pm Monday to Friday

If you have any other concerns contact your own 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.

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

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