

## Day Surgery Unit

# Post operative Instructions following Plastic Surgery as a day case

- Keep the wound and dressing clean and dry; do not disturb the dressing (unless otherwise instructed by staff).
- Avoid any strenuous exercise and heavy lifting.
- We recommend you buy analgesic (painkillers) such as Paracetamol and that they are taken according to your doctor's recommendation.
- Check the dressing for signs of bleeding (a little oozing is normal) but if there is excessive, or fresh blood please apply the following first aid instructions.

Apply a little firm pressure over the wound using a clean dressing keeping either your head, leg, arm (which ever is relevant) in a raised position for 10-15 minutes.

If the bleeding does not stop or if you are experiencing any problems please do not hesitate to contact us on telephone 024 7696 4000 (Main hospital switchboard) and ask to speak to the on call Plastic Surgeon who will advise you. Or contact the Day Surgery Unit on telephone 024 7696 6861.

### Head and face surgery

- Keep your head in an upright position. Do not bend down or bend over.
- Sleep with extra pillows in as near upright position as possible.
- Avoid straining, e.g. when going to the toilet or tucking in the bed etc.



## Patient Information

### Limb surgery

- When sitting, resting or sleeping, raise your limb on 1-2 pillows.
- If you have had surgery to your arm/hand: when moving or walking around keep your limb elevated across your chest in an upright position.
- Try to gently move joints on the affected limb to prevent joints from stiffening.

**If you have any further questions, please contact the Day Surgery Unit:  
Tel 024 7696 6861.**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6861 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](mailto:feedback@uhcw.nhs.uk)

#### Document History

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