

## Renal Services

# Live kidney donation – nine points to remember when you have a surgical wound

**This leaflet provides useful information about wound care following your surgery.**

1. It is very important to maintain a high level of personal hygiene while the wound is healing. This will reduce the risk of infection.
2. Keep your fingers away from the wound – constant touching can cause an infection.
3. The wound may look red and raised – this is part of the healing process, and will improve with time.
4. If the wound becomes very painful, red and swollen and/or starts to weep – contact the Transplant Office or see your GP. The wound may need to be examined by a nurse or doctor.
5. You may have some pain or discomfort in the area of the wound for several weeks following surgery. If the wound is not red or swollen and dry, then regular mild painkillers can help relieve this. If you feel you need stronger painkillers then please consult your GP who can prescribe these for you, but please do not take anti-inflammatory medication such as Ibuprofen or Voltarol.
6. You may shower with an appropriate waterproof dressing covering the wound if required. Please **do not** have a bath until the wound is completely healed or if you do have sutures or clips, that these have been removed.



## Patient Information

7. A good diet with plenty of protein and iron rich food, for example, red meat, green vegetables, fish, chicken, and dried fruit will help with the healing process of your wound.
8. If you smoke, you should try to give up. Smoking can cause chest infections, and coughing will cause more pain at the operation site.
9. If you have any concerns or questions once home please contact us at:  
The Transplant Office  
5<sup>th</sup> Floor  
East Wing  
UHCW NHS Trust  
Coventry  
CV2 2DX

### **For further information please contact:**

Jane Reid:        024 7696 7790  
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The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7790 or 02476967828 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

#### **Document History**

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