

Children's Services

Wound Care: Parent/Carer Information

This leaflet contains advice and information about how to care for a wound after your child leaves hospital.

Nutrition

Your child can eat and drink as normal.

Mobility

It is always advisable for your child to rest for 24 hours post operatively, however, depending on where the wound is your child may need to rest for longer depending on healing time. The nurse will advise you before discharge.

Bathing

Your child's wound must remain dry for 48 hours. After 48 hours your child may soak the dressing off in the bath. The wound must be patted completely dry after bathing / washing to prevent it getting infected.

Return to school/activity

Your child will need to stay off school for at least 24 hours after any operation, but may need a little longer depending on where the wound is. The ward nurse will advise you before discharge.

Wound care

The area around your child's wound may look a little bruised and a little red which is a normal part of the healing process.

If the wound becomes:

- Redness around the wound
- Redness tracking away from the wound



Patient Information

- Swollen
- Hot to touch
- Oozes any liquid

You will need to contact your GP for advice as these can all be signs of infection.

Pain relief

For the first 24 hours your child may need regular paracetamol and/or ibuprofen. The ward nurses will advise you before discharge. If your child is in a lot of pain and pain relief does not seem to help then contact Children's Emergency Department (CED) on 024 7696 6934.

Stitches

Sometimes stitches are dissolvable and sometimes they will need to be taken out when the wound is healed.

Your child's stitches are _____ and so do / do not need removing.

Out-patients appointment

If your child needs a follow up appointment in the Out-patients Department this will be sent to your home address. Alternatively you may be asked to see your own GP or practice nurse for a wound check. You will be informed as to which applies to you before you leave the ward.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6850 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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