

## Dermatology

# Post-Operative Advice Following Surgery

1. Please rest for the remainder of the day
2. You will need to have your sutures removed in ..... days at:
  - a. Your next hospital appointment
  - b. The Practice Nurse at your GP Surgery
  - c. By your District Nurse

If you have had a curettage and cautery procedure, no stitches will be needed. The wound will resemble a graze and does not require a dressing for more than 2-3 days, after which time it can be exposed at your own discretion. This wound is slower to heal than those that require stitches, especially on the lower legs.

3. Leave the dressing on and keep it clean and dry until your sutures are removed. Avoid getting the dressing wet in the bath, shower, or swimming pool.
4. Once the local anaesthetic has worn off, you may experience some pain or discomfort from the wound site. Mild pains usually respond well to a simple painkiller like paracetamol. Avoid taking anything containing aspirin, unless being taken for another condition, as these have a tendency to prolong bleeding time.



## Patient Information

5. If any bleeding occurs, do not remove the initial dressing but slowly apply continuous pressure using a clean pad/tissue for 15 minutes. Slowly release the pressure; if the wound is still bleeding, reapply firm pressure for another 15 minutes. If you are concerned, please contact the nurses at the Dermatology department on the numbers listed.
6. Avoid alcohol for 24 hours.
7. Avoid strain to the area as this can produce stretched and more noticeable scars. For surgery to the head/face: keep the head upright, no leaning forward or bending down for 24 hours. For surgery on a limb: elevation can help reduce swelling and throbbing.
8. For the first few days the wound may feel tender. There may be bruising and swelling to the skin around the surgical site, especially if your operation was near the eye. This is a normal reaction and part of the healing process. This should improve in the following days.
9. **Signs of infection to look out for:** the wound may feel increasingly sore, hot, and may look red and inflamed. There may be some crusting and discharge from the wound. You may have a temperature; feel hot and sweaty, and generally unwell. If you experience these symptoms, please contact the Dermatology nursing staff or family doctor for advice.
10. For all wounds, please massage the scar with Vaseline or a moisturiser after removal of any sutures or dressings. This may help to soften the scar and improve the cosmetic result.

**Results:** All specimens are sent for histological evaluation to confirm the result. You will be contacted about the results, but this may take 6-8 weeks. Your results may be discussed at a Multi-Disciplinary Team (MDT) meeting and a follow up appointment may be arranged.

Medical Secretaries and Receptionists do not give out results.

## Patient Information

If you have any queries or concerns about wound healing or bleeding, please telephone the Dermatology Nurses on:

- Coventry – 024 7696 6294 between 9am to 5pm, Monday to Friday
- Rugby St Cross – 01788 663 249 between 9am to 5pm, Monday to Friday
- Outside of these hours, please contact your GP surgery, attend A&E, or call 111 for advice.

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact us on 024 7696 6313 and we will do our best to meet your needs.

The Trust operates a smoke free policy

### **Document History**

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