

Children's Services

Wound care: Patient Information

This leaflet contains advice and information about how to care for your wound when you leave hospital.

Nutrition

You can eat and drink as normal.

Mobility

It is always best to rest for one day after an operation but depending on where your wound is you may need to rest for longer. The nurse on the ward will tell you.

Bathing

You must not get the wound wet for two whole days so it is best not to bath until after that. When you do bath you can soak your dressing off in the water. Make sure you pat your wound completely dry afterwards to stop infections.

Return to school/activity

You will need to stay off school for at least one day but may need a little longer depending on where your wound is. The nurse on the ward will let you know. Be careful not to get any dirty on the wound.

Wound care

The area around the wound may look a little bruised which is a normal part of the healing process.



Patient Information

You must tell your parents if your wound looks:

- Very red
- Swollen
- Hot to touch
- Oozes any liquid;

These can all be signs of infection and your parent or carer should contact the doctor for advice.

Pain relief

Your parent or carer should give you paracetamol or ibuprofen to keep you comfortable. You can have this regularly; if the pain does not improve afterwards tell your parent or carer.

Stitches

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

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

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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