

## Patient information

# Adult general post-operative guidance

### General guidance after your operation

**Driving:** Do not drive a car or other motor vehicle or ride a bike for 24 – 48 hrs. After that you are only safe to drive when you can safely perform an emergency stop comfortably.

The operation site needs to be kept clean and dry for 48 hours. After this you may remove your dressing and have a bath or shower. You may prefer to keep the wound covered with a clean, dry dressing until the stitches are removed or the wound is healed.

**Steristrips:** Try to leave these on for one week as they help to support the wound while it is healing. You can have a quick bath or shower with them on but do not soak them. If they lift at the edges, you can trim them with a pair of scissors.

**Stitches:** If you have stitches that need to be removed you will be given instructions about where and when this should happen.

**Skin glue:** This is a clear adhesive that joins the edges of the wound. It will fall off in 5 - 10 days. Do not pick, rub or scratch the glue as it will fall off before the wound is healed. Avoid direct sunlight to the wound and do not apply skin creams or use tanning beds or lamps while the glue is in place. Some patients experience mild itching or redness to the area around the glue.

**Pain:** You may experience some mild to moderate pain. Your own supply of paracetamol or ibuprofen should be sufficient. It is better to take your pain killers regularly for a few days to ensure you are comfortable rather than waiting until you are in pain before taking them. As healing occurs you should feel less pain. If your pain remains severe for more than a few days or is not controlled by your painkillers, you should contact your GP.

**Exercise:** We recommend you rest for 24 - 48 hours and then gradually increase your activity levels as you are able. Depending on the procedure you have had, it may take several days or even weeks until you feel back to your normal level of activity.

**Food and drink:** We recommend you increase your fluid intake for a few days to help your body eliminate the anaesthetic drugs, otherwise you may return to your normal diet. Avoid alcohol for 24 hrs.

**Outpatient's appointment:** This is not always needed. If a follow up appointment is required this will be sent to you by post.

Any tissue that has been removed for laboratory analysis will be sent to the Pathology department and the results will be given to you either at your outpatient appointment or will be sent to you by post.

Contact your GP or GP out-of-hours service if you have any problems such as:

- New or uncontrolled bleeding
- Severe bruising
- Pain that is not controlled with pain killers
- Uncontrolled vomiting
- Difficulty in passing urine
- Your operation site becomes increasingly swollen, red, hot and/or produces a discharge as you may have an infection.

If you require further advice, please contact: The Martin Corke Day Surgery Unit on 01284 713050 between 7.45am and 8.00pm Monday to Friday

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)*  
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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