

## Patient information

# Post-operative advice for patients who have had dermatology skin surgery

Surgery carried out by: .....

The following advice will help you to know what to expect after your skin surgery procedure.

### Will I have a dressing?

You will usually have a dressing which may vary in size depending on the type of surgery you have had. You will be asked to keep this in place for the first 48 hours after your surgery and to keep dry.

### How long will the wound be painful for?

You may feel some soreness after the anaesthetic has worn off. If this happens, you may take paracetamol (if not allergic to it).

Paracetamol is recommended. Aspirin, or ibuprofen are **NOT** recommended as this can caused the wound to bleed.

### What happens if my wound starts to bleed?

It is normal for a small amount of blood to come through the dressing, but if it does not stop and the dressing becomes saturated, you should press firmly over the dressing for 10 to 15 minutes. This is usually enough to stop any bleeding.

## What about the risk of Infection?

Signs that your wound may have become infected usually begin 48 hours after your surgery.

You would notice the following:

- Increased redness around the wound
- Becoming more painful; even after taking pain killers
- Feels hot and throbs
- May leak, ooze or start to bleed again
- You may generally feel unwell

If you experience any of the above, then **contact your GP or GP out-of-hours service.**

## What about work, exercise and other activities?

You may need some time off work, depending on the type of surgery. As far as possible you should relax following your surgery. You should avoid swimming, running and contact sports until the stitches have been removed. Avoid bending, straining or lifting heavy objects for about 10 to 14 days.

## When can I bath /shower?

You will be asked to keep the wound and dressing dry for 48 hours. After this time you can carefully remove the top dressing and the brown tape if applied can be left in place until it falls off on its own accord.

You can then take a bath or shower after the 48 hour period, but do not hold the wound directly under the shower. Dry the area by patting it dry.

## When will the stitches be removed?

You have ..... stitches.

If needing to be removed they should be removed by your GP practice nurse in ..... days (date ..... / ..... / .....).

If you have dissolvable stitches, these will need no further action.

Steri-strips, if used, should remain in place until the stitches are removed.

Once all the dressings have either been removed or fallen off, you can then massage the site with Vaseline to help with wound healing.

## **What other things should I be aware of?**

If you have had surgery to the face, you may experience some numbness around the wound for a few months. You may get some bruising, especially if around the eyes. This is all part of the normal healing process.

## **When will I get my results?**

You will either be given a clinic appointment to come and talk about your results, or your doctor will write to you and your GP.

**Please be aware that it may be up to six / eight weeks before you receive the results.**

## **If you require any further advice, please contact:**

Specialist Nurse	01284 713571 or 713577
Secretary to Dr Fraser-Andrews	01284 713115
Secretary to Dr Ranasinghe	01284 713404
Secretary to Dr Jenkins	01284 712644
Secretary to Dr Chen	01284 713577
Secretary to Dr Hawkins	01284 713572
Secretary to Dr R Rashid	01284 712943
Secretary to Dr Al Shammari	01284 713572

Or NHS Direct 111

***If you suffered from a post-operative infection and undertook a course of antibiotics, please would you contact the Dermatology Department.***

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)*

*<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>*



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