

Patient information

Surgical wound care assessment and review (SCAR)

Patient addressograph	
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Procedure	
Admission date	
Consultant	

Please keep this leaflet for 30 days after your surgery

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What are surgical wound infections?

Most surgical wounds heal up rapidly without complications.

A minority of surgical wounds are complicated by infection. This occurs when germs (microorganisms such as bacteria or fungi) enter the incision (cut) made by the surgeon through your skin to carry out the operation. Many different types of germs live both in and on our bodies and throughout our environment. Most of these germs are either harmless or even useful. Fortunately, our bodies have natural defences against the germs that can cause harm. Our skin and internal organ linings normally prevent germs from entering our bodies, but any break in the skin (whether due to injury or surgical incision) can allow these germs to enter our tissues and cause an infection.

When do these infections develop?

A surgical wound infection can develop at any time from two to three days after surgery until the wound has healed (usually two to three weeks after the operation). Very occasionally, an infection can occur weeks or months after an operation. Thankfully surgical wound infections are uncommon in most planned operations (see table below).

Most surgical wound infections are limited to within the skin but can occasionally spread to deeper tissues. Infections are more likely to occur after surgery on parts of the body that harbour lots of germs, such as the gut or after emergency operations.

Type of operation	Average number of infected wounds per every 100 operations ¹
Abdominal hysterectomy	2
Breast surgery	Less than 1
Cholecystectomy (gall bladder removal)	10
Hip joint replacement	Less than 1
Knee joint replacement	Less than 1
Large bowel (gut) surgery	9
Vascular surgery	2

¹ Surveillance of surgical site infections in NHS hospitals in England: 2021 to 2022 (www.gov.uk)

How will my wound be monitored?

During your stay in hospital, nursing staff will check for signs of infection when changing your wound dressings. If you are concerned about your wound, please inform the nursing staff looking after you. Don't be tempted to remove your dressing or touch your wound or wound drain. You could accidentally transfer germs from your fingers to your wound.

Mobile smartphone app for wound recovery - patient guide



What is Care4Today recovery?

Care4Today recovery is an app that allows your care team to remotely monitor your wound recovery. The app will ask (UK Health Security Agency) questions for 30 days from your surgery date. These questions will be asked via your mobile through automatic notifications and are designed to be answered quickly. If you have an appointment with your health care team, your answers may be used during the discussion.

Why should you use Care4Today recovery?

- Stay connected with your hospital even when you get home
- Give your specialist team the opportunity to understand exactly how your wound recovery is progressing
- If required, the app will send a notification to the hospital related to the status of your wound recovery.

* Notifications to healthcare team could refer to symptoms commonly associated with wound infection.

How does it work?

To install the app on your smartphone:

Step 1 – Your ward nurse or clerk will sit with you and generate your unique QR code and activation number. Scan the QR code to download the 'Q1.6' app.

Step 2 – Open the app and, if not auto-filled, insert the activation code given to you by your healthcare team, alongside your patient ID (your MRN number). Follow the on-screen instructions to allow notifications, agree to terms and conditions and complete your patient information.

Step 3 – Once installed, you will receive questions each day for a period of 30 days. You will need a working internet connection (WIFI or 3/4/5G) to synchronize (and transfer) your answers. You do not have to do anything for the synchronization. This is an automatic process.

Notifications

On android phones, you may receive questions when you unlock your phone between 7.00am and 10.00pm. It is possible that sometimes, when you unlock your phone no question appears, this is normal, and another question may appear later that day.

On iPhones, you will receive notifications between 7.00am and 10.00pm if there are questions to be answered. You should click on the notification that will take you to the app to answer your questions. For the app to work properly, you should allow notifications.

Important!

Please keep the app running in the background, as this will allow the questions to pop up without delay.

If you have any medical questions, please contact your healthcare professional.

If you have an **urgent medical need, you should call 111 or visit 111.nhs.uk. If you need emergency medical treatment, you must call 999.**

How can I tell if I have a wound infection?

Some redness and swelling is to be expected after surgery. An infection can develop after you leave the hospital.

You may have developed a wound infection if you have one or more of the following symptoms:	
	The skin around your wound gets red and sore
	Your wound feels hot and swollen
	Your wound has a green and yellow coloured discharge (pus)
	You feel generally unwell or feverish, or you have a temperature (above 38°)

What happens if I develop symptoms?

Please contact us on:

- Telephone number: 01284 713985
- Email: SCAR@wsh.nhs.uk
- Monday to Friday from 8.00am to 5.00pm

More information

By installing the app, you give permission to Q1.6 company to store your answers. Q1.6 does not store any data that can be used to identify you, nor does it store any personal or location data from your phone. Only the hospital knows the link between the patient ID and yourself

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>

