

Patient information

Caring for your wound / skin graft

This leaflet provides information regarding the care of your wound or skin graft following surgery, including common questions, dressing clinic, contacts information and where you will need to go for your aftercare appointments.

You will also find information on how to look after your wound, scar or skin graft, what to expect, advice on pain relief and possible infection signs to look out for however your individual circumstances will be discussed with you in clinic by your nurse or doctor.

This leaflet is designed to provide you with a guide. If you have any further questions, please speak with the nurse or doctor caring for you.

Dressings clinic and where to find us

The plastics dressings clinic comprises of a skilled team of senior staff members and clinicians. It is situated within the outpatients department.

Your appointment will include a change of dressing, a wound check and if appropriate suture or staple removal.

There will also be an opportunity to ask any questions.

Wound care and dressings

Your wound / skin graft will have a dressing over it. The type of dressing will vary, depending on the size and what type of dressing suits your wound best.

The dressings will need to be kept dry until your next follow up appointment in the plastics dressing clinic.

Pain relief

It is normal for the area to feel numb for 4 - 6 hours post-surgery, occasionally longer, as the anaesthetic wears off.

You may feel discomfort or pain around the area. Should you require pain relief, we recommend using only paracetamol unless otherwise directed (always read the enclosed instructions).

If the pain should worsen it is important for you to be aware of the signs of infection these are:

- swelling
- bad odour
- temperature

If you are concerned, please call NHS 111 or the numbers found on the back of the leaflet.

Further information and advice

This will vary depending on your operation. Your surgeon will advise on what you can and cannot do post-surgery.

Please avoid any strenuous activity as this may cause further bleeding.

How can I help my wound / skin graft heal?

- Keep the limb elevated post-surgery
- Eating a healthy balanced diet with plenty of protein such as meat, eggs and fish
- Drinking plenty of fluids
- Avoid smoking

What will the wound / skin graft look like?

As with any wound, scar formation is inevitable. The appearance of the wound/graft will change significantly over time. It can take up to 18 months for a scar to “mature”, usually leaving a pale, soft, flat and supple surface.

Outpatients department

Contact details:

Reception B 01284 713563

Sisters office 01284 713265

Opening times: Monday to Friday from 8:30am to 4.00pm

Should you need to contact us, please have your hospital number on your discharge letter available.

The dressings clinic is situated within the outpatients department and aims to provide a professional and friendly service.

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nhs.uk. This will in no way affect the care or treatment you receive.

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>



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