Postoperative Advice
Dermatology Department

Date: _____ / _____ / _____

Procedure: _________________________________

Stitches
You have ______ stitches. Please make an appointment with the nurse at your GP practice to have these removed in ______ days.

Date: _____ / _____ / _____

Wound care
Keep the wound dry and covered for 2 days. After this remove the dressing and gently clean the area with cooled boiled water. Apply Vaseline twice a day directly onto the wound to help healing for 5 days.

Pain relief
The anaesthetic effect will wear off after 2 - 4 hours. After that you may need to take plain Paracetamol if the wound is painful. We suggest that you avoid Aspirin, Anadin or Ibuprofen as all of these can increase the risk of bleeding.

Bleeding
It is not uncommon to get a small amount of oozing from the wound. If it does bleed persistently, lie down and press constantly on the wound for at least 15 minutes.

Infection
If the wound becomes infected, you will notice increased pain, swelling and redness. This may appear 2 -7 days after the procedure. Please contact your GP if you are concerned.

Exercise
Strenuous exercise is not recommended for at least 4 weeks after your procedure. If you have any queries do ask your doctor or contact the Adviceline.

Scar care
As part of the early healing process, initially scars are often red and lumpy. This gradually improves with time. Firm massage with Vaseline for 10 minutes a day will help to improve the appearance of the scar. Scars can sometimes thicken several weeks after surgery, especially on the upper body, upper arms and earlobes, but this can be treated if necessary.

Follow-up
We will write to you and your GP with your results within 4-6 weeks.

If you need further advice please contact the Dermatology Secretaries or the Adviceline:

Dr Vaughan-Jones
01932 722748

Dr Barkham / Dr Chandrakumar / Dr Williams / Dr Krol
01932 723720

Dr O’Gorman-Lalor / Dr Christie
01932 722234

Dr Scott / Dr Imran
01932 726667

Dermatology Adviceline 01932 722298

Please note we monitor our postoperative infection rates. If your GP treats you for an infection in your wound, please let us know so that we can improve our service.

Thank you.
Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Clinical Nurse Lead, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email patient.advice@asph.nhs.uk. If you still remain concerned, the team can help you make a formal complaint.

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