

# Care of your wound after surgery

Dermatology Outpatients Unit  
Cannock Chase Hospital

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

# How can I look after my wound, following surgery?

**There are a number of things that you can do to look after your wound to lower the chance of infection and encourage healing.**

- Keep the wound clean and dry until removal of your dressing, (for the time advised by the nurse team, unless this is being removed at a wound review appointment) (see opposite for details)
- If removing your own dressing, once removed, wash with clean water only and gently pat dry, continue with this until your sutures have been removed or dissolved away
- Apply a thin layer of Vaseline (from a new pot) **twice daily** over the sutures until removed or dissolved away
- Avoid **any** form of exercise including, lifting, pushing, pulling or carrying anything heavy, until your sutures have been removed or dissolved away, however for legs and backs we recommend a month
- Avoid alcohol for 48 hours
- Any bleeding, apply firm pressure directly over the wound for 15 minutes, if necessary repeat for a further 15 minutes
- If you have any pain from the wound, take Paracetamol as per recommended dosage guidelines
- If you are concerned about your wound; bleeding after applying recommended pressure, increasing pain, redness, discharge, odour or swelling, you can contact us on the numbers provided for advice, if you leave a message please state your name and hospital number and a current telephone number
- If for any reason you are unable to contact us please call your GP, 111 for advice or visit A&E in case of an emergency.

## Post Operative Massage

- One week after your suture removal or when sutures have dissolved you can start to massage the scar applying gentle to firm pressure
- Do this for 5 minutes, 4 times a day, for 6 months-massaging in all directions
- You may wish to use **Vaseline or un-fragranced moisturiser** to help you do this more easily.

**Please contact your GP surgery to arrange the following:**

Suture Removal:..... Days

Dressing Removal / Review: ..... Days

Dressing to be left in place until wound review at

Cannock Chase Hospital Date: .....

**We will contact you with the results as soon as we receive them**

Contact numbers for Dermatology Cannock Chase Hospital:

Secretaries: Dianne Rigby 01543 576033

Debbie Windsor 01543 576765

Karen Thompson 01543 576038

Reception: Monday to Thursday 01543 576234

01902 307999 Ext 66234

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。