

# Patient Information Leaflet

## Skin Surgery – Wound Care Advice

- Once the local anaesthetic has worn off, you may find that there is mild pain or discomfort. This is usually relieved by taking paracetamol.
- If there is any bleeding, press firmly on the wound using a clean cotton handkerchief or clean hand towel for 10 to 20 minutes. Do not remove the dressing. If the bleeding does not settle, please attend your local A&E department.
- Keep the wound dry for at least 24 hours. Follow instructions given at the time of your surgery. If you have been asked to have a wound check with a practice nurse, keep the dressing on until your booked appointment. If the dressing gets soaked or comes off, apply any simple dressing to cover the area. Once the dressing has been removed, the wound can be washed regularly to keep it clean.
- Cosmetics must not be applied over a wound until completely healed.
- You can bathe/shower once the dressing has been taken off but do not soak the wound for a long period of time. It should be patted dry.
- Vaseline (use a new pot) or bio oil should be applied to the wound twice a day to keep it moist and encourage good healing.
- If the wound becomes increasingly red and painful or discharges pus, it is probably infected. Please contact your GP or 111 if outside working hours as you may need antibiotics.
- Avoid exercise, heavy lifting, or any excess strain over the wound while the stitches are in place and for at least two weeks following suture removal. If your wound opens, please contact your GP or 111 if outside working hours.
- You need to book an appointment with your GP Practice Nurse if there are any sutures for removal or if the wound is to be reviewed:
  - Date of review:
  - Removal of sutures:
- On occasions, skin surgery can result in the development of a large scar (sometimes called a keloid scar). If you do develop a scar that starts to thicken/enlarge, massage the area using Vaseline for several minutes every day. If it continues to enlarge, applying silicone gel twice a day for three months may reduce the size of your scar. Silicone can be purchased from any pharmacy.
- If you have any concerns, please contact your GP.