

East Cheshire NHS Dermatology Service

Skin Surgery **Post-Operative** Information

Information for Patients, Relatives and Carers

Removal of stitches if present:

You will need your stitches removed in.....days by the Practice Nurse or Healthcare Assistant at your GP surgery.

It is important that you are available for suture removal at your practice within the timeframe advised.

Please sit in the waiting area for 10-15 minutes to ensure you feel well before leaving the building.

How should I care for my wound?

- If you have had a pressure dressing/roll applied over your wound, this can be removed after 24 hours, leaving the dressing underneath in place.
- Keep your dressing dry for the first 24 – 48 hours.
- After 24 – 48 hours, you may remove your dressing and get the wound wet if needed but do not rub/scrub the area.
- Flowing water will help to remove any scabs that may have formed. Do not soak the wound. Gently pat your wound dry.
- Then apply a thin layer of **clean** Vaseline® /antiseptic ointment (or antibiotic ointment if it has been prescribed for you) directly over your stitches/wound with your clean hands. This will help to keep your wound clean and moist and will prevent scabs from forming. Apply a waterproof plaster (not fabric) directly over the wound. Be aware that these plasters may not keep the wound dry if it is submerged. Never leave a wet dressing on the wound.
- This routine may be repeated every 2-3 days (as long as there is no concern about infection in the wound), until stitches are removed by your practice nurse, or if there are no stitches, until the wound has completely healed over.
- If you have steristrips (paper stitches) over the wound, try to keep it dry for at least a week. They can be gently lifted off in.....days.
- You may wish to avoid exercise and sports that stretch the wound in the weeks following your operation. Vigorous exercise may cause the wound to split open or the scar to stretch.

Name:

DOB:

Address:

Tel:

GP details:

Please tick if appropriate

☐ I would like to inform you that following a Dermatology Skin Procedure, I have felt it necessary to seek further medical advice regarding the healing of my wound.

☐ After seeking further medical advice regarding the healing of my wound, I have been prescribed oral antibiotics for my wound infection.

Signed.....

Date.....

Patient feedback and complaints

We welcome feedback from patients on our services. We would be grateful if you would fill in a patient questionnaire on the day of your procedure. This can be handed into reception or placed in the feedback box.

Further feedback should be addressed to

Tel: 01625 264041

email: ECdermatologybookings@mcht.nhs.uk

Patient Outcomes

We strive to maintain the best possible standards of care. If you experience a problem with the healing of your wound, such as a wound infection that needs antibiotics, or the wound splitting open, we would be very grateful if you would let us know.

By completing the form overleaf and returning it to us, you will help us to carry out appropriate audits of our work and make any improvements that are needed.

Cont.... How should I care for my wound?

- Avoid moisturisers, steroid creams, skin products and make up on the operation site for at least two weeks.
- Smoking -Try to avoid smoking for the first two weeks after your surgery. Smoking significantly delays wound healing. It increases the risk of infection and can contribute to a more prominent scar. If you would like help giving up smoking, please speak to your GP Practice who may be able to help.

What are the immediate possible side effects?

- Pain- the local anesthetic wears off after 1-3 hours normally. The wound site may feel painful or uncomfortable for one or two days after the procedure. If it is painful, you may take painkillers such as paracetamol.
- If you are taking pain relief medication, always follow the instructions on the packet and never take more than the recommended dose. Check that the painkillers will not react with any other medicines you are taking. If you are unsure or if you have allergies to any medicines, speak to your pharmacist.
- Avoid aspirin (unless you need to take this daily as prescribed by your GP) as this can cause the wound to bleed (as can alcohol).
- **Bleeding**- if there is any bleeding through the dressing in the first few hours, do not remove the dressing. Press on the wound firmly with another dressing for 15-20 minutes until the bleeding stops. Pressure may need to be applied for longer if you take blood thinning medication.

What are the later possible side effects?

- **Infection** – there is a small risk of infection after a surgical procedure. If the wound becomes very red, very sore and weeping after a couple of days, you may require antibiotics. Please contact your GP Practice if you are worried about this
- **Scarring**- there will be a scar after your operation which in many cases will be bigger than the actual lesion that was removed. The new skin looks red/pink for some months but eventually this settles leaving a pale or sometimes dark scar. Protect the scar from the sun as the new scar tissue may tan darker than surrounding skin. On the chest shoulders and upper arms some scars may become thickened and lumpy after a few months. If you are concerned please contact your GP Practice or arrange another appointment to see us.
- **Nerve damage**- most scars have a residual, permanent numbness over them. Numbness around the wound usually only lasts a short time and then normal feeling returns within a couple of months, although sometimes this can be permanent.

Results

You and your GP should receive a letter informing you of the results of your procedure. If you have not heard within six weeks of the date of your operation please contact the Dermatology Medical Secretaries

Tel: 01625 264041

email: ECdermatologysecretaries@mcht.nhs.uk

What you can expect from us?

We aim to offer a convenient, reliable, patient focused service. All appointments will be with fully trained, competent staff in a safe and clean environment. You can expect to be treated with dignity and respect, and not be discriminated against with regards to race, religious belief, gender, sexual orientation, disability, age, marital status, pregnancy and maternity, or gender reassignment.

Additional information

If you need this information in another language or format please contact us.

If you have any questions or concerns please do not hesitate to get in touch.

Tel: 01625 264041

email: ECdermatologysecretaries@mcht.nhs.uk

Should you need to change your appointment, please contact the bookings team on

Tel: 01625 264141

email: ECdermatologybookings@mcht.nhs.uk