

Patient Information Leaflet

Post Operative Advice following Skin Procedures

Produced By: Dermatology Service

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Post Operative Advice following Skin Procedures

Stitches- Following your procedure today you will have a number of stitches, these will need to be removed in 7-14 days time by the practice nurse at your doctor's surgery.

A simple procedure may result in a larger scar than anticipated to maximise healing. More complex procedures will result in scars that will settle well over time.

Healing- You can aid healing by showering on a daily basis (after the first 24 hours), letting water run onto the wound for 5-10 minutes, gently washing and patting dry with a soft towel.

Following your surgery you may experience some of the following

Bruising- You may experience some bruising around the operation site. This may take about 2 weeks to disappear. This is nothing to worry about.

Swelling- Some post operative swelling is to be expected. It will increase for up to 3 days and take 1-3 weeks to disappear completely. To reduce swelling you may find an ice pack wrapped in tea towel applied to the area will help.

Numbness- following a local anaesthetic, numbness in the area should gradually decrease and disappear after 2-3 hours, some numbness at the wound site and surrounding area may persist.

Pain – For the first few days regular pain relief may be a necessity and would be beneficial at bedtime. Take paracetamol and/or ibuprofen as advised before the numbness wears off, unless for medical reasons you cannot.

Bleeding- this will be more likely to happen after the local anaesthetic wears off, or if you are taking Aspirin daily or other blood thinning tablets (such as Warfarin). Do not stop unless advised. If the wound bleeds put pressure on it with a small clean towel for 10 minutes. It may ooze slightly for the first 24 hours, this is normal. However if you are concerned about excessive bleeding please contact your GP or the dermatology unit within normal working hours on our direct line 552590.

Surgery date.....

Please have your stitches removed in days at your surgery.

If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: <http://www.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquiries@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

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