

Wound care after a minor surgical procedure

How should I look after the wound?

- If advised, use Octenisan wash as was directed by your nurse/ doctor pre and post-operatively
- Leave the dressing in place for
- Keep the area dry for two days, unless advised by doctor that the dressing is waterproof
- If the dressing becomes soaked by either blood or water, remove it, pat dry with a clean tissue or gauze and apply a new dressing
- If the dressing becomes loose, apply some extra tape to secure it or change to a new dressing (if this has been provided)
- Remove the dressing as advised after
- If you notice any white strips stuck over the wound, peel these off unless you have been specifically told not to.

Follow these instructions until the stitches are removed:

- Wash your hands then wash your wound gently with clean water
- Gently pat dry with clean tissue or gauze
- You may leave the wound uncovered at this stage. If you find it is in an area rubbed by clothing or there is slight discharge, you may prefer to keep it covered
- Avoid vigorous exercise or heavy lifting

What should I do if the wound is painful?

- Local anaesthetic will wear off after 1–2 hours
- If you experience discomfort, you can take Paracetamol (follow the instructions on the packet about the recommended dose)
- If you experience pain not controlled by Paracetamol, please contact The Royal Marsden Macmillan Hotline.

What should I do if the wound starts to bleed?

It is normal to see a small amount of blood or leakage on the dressing.



If you experience bleeding that soaks the dressing:

- Sit down and press the area firmly for 10 minutes
- If it continues, apply an ice pack firmly for 10 minutes
- If the bleeding continues following the above instructions, please contact The Royal Marsden Macmillan Hotline or your nursing team.

Healing:

- Some wounds take 2–3 weeks to heal, occasionally longer for wounds on the leg
- If you **do not** have stitches and the wound is oozing, you may apply a topical antiseptic cream to the area
- The resulting scar maybe a little red initially but this will fade in time. Once healed, you can apply moisturiser to soften the scar.

You should seek further medical advice if you experience any of the following:

- Bleeding that does not stop after applying pressure and ice
- Excessive pain
- Possible infection such as fever, redness and warmth around the wound
- Foul smelling discharge
- You have any concerns regarding healing.

If you have not received a letter with your results or seen a doctor within 3–4 weeks, please contact your key worker.

Contact details

Clinical Nurse Specialist Skin and Melanoma (Keyworkers)

Tel: 020 7811 8011

Email: skincns@rmh.nhs.uk

Clinical Nurse Specialist Plastic and Reconstructive Surgery

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|-----------------|------------------------|----------------|
| Chelsea: | 020 7811 8318 | (NHS) |
| | 020 8915 6899 x 1573 | (Private care) |
| Sutton: | 020 8915 6899 x 5253 | |
| | (NHS and Private Care) | |

Alternatively, please call:

The Royal Marsden Macmillan Hotline: 020 8915 6899

(Available 24 hours a day, 7 days a week)



Post-operative information for your GP/Practice Nurse

Date: _____

Procedure: _____

The patient requires the following treatment

- Absorbable sutures _____ which should not be removed
- Non-absorbable sutures _____ remove in _____ days
- Other information: _____

