

Instructions following a minor operation

Plastic surgery

This factsheet provides information on wound care following your minor operation.

- Keep the wound dry and cover (where appropriate) as advised by your staff nurse following your surgery
- If you have any pain or discomfort after surgery, you can take two Paracetamol tablets every four to six hours for pain relief. Do not exceed more than eight tablets in 24 hours
- Expect some bleeding after the procedure, however if it becomes heavy or causes you concern, apply pressure to the outside of the wound and raise the affected area (if possible) for ten minutes
- Change the dressing once the bleeding has stopped - we will provide you with extra dressings
- You should shower after 48 hours but do not have a bath. Pat the dressings dry or dry with a hairdryer on a cool setting
- Your wound will have stitches which may be absorbable or non-absorbable and these will be looked at when you come in for your follow up appointment.

Infection

You will need to observe for any signs of infection such as:

- Swelling (inflammation)
- Reddening of the skin
- Increasing pain in the affected area
- A coloured discharge.

In these cases, if there is persistent bleeding or you feel generally unwell and have a raised temperature, please contact the Plastics team below:

Contact details

Chelsea

Tel: 020 7811 8318 (NHS)

Tel: 020 7352 8171 Ext. 1573 (Private care)



Sutton

Tel: 020 8642 6011 Ext. 4345 (NHS and Private care)

Alternatively, please call:

The Royal Marsden Macmillan Hotline:

020 8915 6899

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

Or contact your out of hours GP.

