

Wound Care After Skin Surgery

Your next visit is on _____ to have your wound checked and/or sutures removed.

- It is important to rest and keep your wound clean and dry to prevent infection.
- If you have a dressing on place, leave it on for at least two days.
- If you notice fresh blood on the dressing, please apply pressure for 10 minutes until it stops.
- Take 2 Paracetamol when you get home before the local anaesthetic wears off, then 6 hourly if needed.
- Please avoid activities like heavy lifting that may cause the wound to open.
- If you have had surgery on your leg, please keep it elevated as much as possible.

Showering

- Please keep your wound dry for at least 48 hours.
- You may then take the dressing off, but do not immerse it in water until the sutures have been removed.
- If you need to wash your hair, hold a flannel over the wound to keep it dry as much as possible.
- Pat dry if it does get wet.

Post Operative Care

- You will be given an appointment to have your sutures removed or the wound checked, usually in a week.
- You will be shown how to gently massage the wound to aid in healing.
- At this time your pathology results may be available.
- If they are not, then you will be contacted with the results by letter or phone. You may need a further appointment to discuss them. A plan will be made then for further treatment if required.

Infection

- It is normal to experience some mild tightness, itching or minor redness around your wound.
- Signs of infection are increasing pain, redness and swelling.
- Please ring the clinic on 06 651 4070 if you have any concerns.
- If you need urgent attention out of office hours then please attepnd either the Emergency Dept in Hastings or City Medical at 76 Wellesley Road, Napier.