



WOUND CARE AFTER SKIN SURGERY

Your next visit is onto have your wound checked and/or stitches removed.

Please follow these instructions to allow the best chance of healing and to minimise complications.

- Please keep the wound dry for at least three days post op. Your doctor will discuss dressing care with you depending on the surgical site.
- If you have a shower-proof dressing, these are splash-proof only. Short showers are ok but please avoid swimming or bathing.
- If you have had surgery on your arm or leg, it is important to rest and elevate the limb as much as possible.
- Please rest and avoid any activities that may cause the wound to open, e.g. heavy lifting, stretching, golf etc. Your doctor will advise when you may return to sport / exercise.
- **Bleeding:**
It is normal for the wound to ooze slightly in the first few days after surgery. If you notice fresh blood on the dressing, you may apply pressure for 5-10 minutes until this stops and change the dressing if needed.
- **Pain relief:**
If you experience any pain, you may take two paracetamol tablets up to 6 hourly.
- **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 around the wound.

If you are worried about infection, bleeding or have any other concerns please phone to make an appointment with our nurse or see your usual GP or practice nurse.