

Wound Care (Following Skin Surgery)

PATIENT INFORMATION

On / / you had a minor skin surgery.

After the minor operation today you will have a scar. This scarring can be reduced if you follow this advice on this sheet.

Going home

Avoid drinking alcohol for the rest of the day. If you have had facial surgery avoid anything hot (food / drink) to avoid burns to areas of your mouth which may still be numb from the local anaesthetic.

Pain Relief

Most wounds are not painful after a minor operation. If you do have some discomfort you can take Paracetamol following the instructions on the box.

Caring for your wound

Keep the wound area elevated for the first 24 hours. This will help to reduce the amount of bruising and swelling. If you have a wound on your head, sleep with you head elevated on several pillows.

Avoid excessive movement or exercise involving your wound site.

After 2 days begin applying simple petroleum jelly (Vaseline) several times daily to your wound to protect the healing skin. You do not need to replace head / face dressings unless your clothing will rub on the wound.

Can I shower or bath?

Your wound dressing should be kept dry for the first 2 days. If the dressing does get wet, remove it and apply a clean dry breathable dressing.

After 2 days you can shower or bath. Remove your dressing, shower and carefully pat the wound area dry using a clean towel afterwards.

If you have steri strips (small pieces of tape to bring the wound edges together) applied to support the wound

these can get wet. They will eventually peel off and don't need to be replaced unless otherwise instructed.

What should I do if my wound bleeds?

If your wound bleeds apply firm continuous pressure on the area with a thick clean cloth for 10 minutes. In most cases this will stop the bleeding.

If your wound is bleeding heavily or the bleeding does not stop, please contact your GP or After Hours Medical Centre.

Signs of infection

Occasionally wounds become infected 1-2 days after the surgery. If your wound becomes red, hot and painful, or you have an increase in your temperature or feel feverish at any time please contact your GP or After Hours Medical Centre as you may require antibiotics.

When will my sutures (stitches) be removed?

If you have stitches in your wound they will need

to be removed in days by

Sutures used.....

Please arrange an appointment and take this form with you.

Curette / Cautery or Shave procedure

If you have had a curette / cautery or shave procedure you will not have any stitches. Your wound will be like a graze and will take longer to heal. It is important to keep applying Vaseline to protect the healing skin. Your wound may take 2 – 8 weeks to heal. Wounds on the lower limbs take longer.

Follow Up / Results

You may have a follow up appointment arranged at the hospital clinic or you may be discharged from the clinic. Your GP will be sent a copy of the results of your skin biopsy, and it should be available in 2 -3 weeks after your skin surgery.

[continued]

Contact details

Kenepuru Hospital

Outpatients Clinics

Ground Floor

Kenepuru Hospital

Monday – Friday 8.00am to 4.30pm

Phone (04) 385 5999 and ask for extension 7205

After hours medical centres

Kenepuru Hospital Accident & Medical

Open 24hrs a day everyday (04) 918 2300

Paraparaumu -Team Medical Coastlands

Shoppingtown

Open 8am -10pm everyday. (04) 298 2228

Waikanae

Mon-Thurs 7pm-8am, Fri 5pm-8am, and at anytime

during weekends or Public Holidays (04) 293 6002

Accident & Urgent Medical Centre - Wellington

Open 8am-11pm every day. No appointment necessary.

(04) 384 4944

Healthline

If you are unsure if you need to visit your GP or After hours medical centre you may wish to call Healthline for free advice. Call free anytime on 0800 611 116.

Contact us:

Department:

Main Outpatients Clinics

Level 2, Wellington Hospital

Phone: (04) 806 0400

Hours: 8.30am-4pm,

Monday to Friday