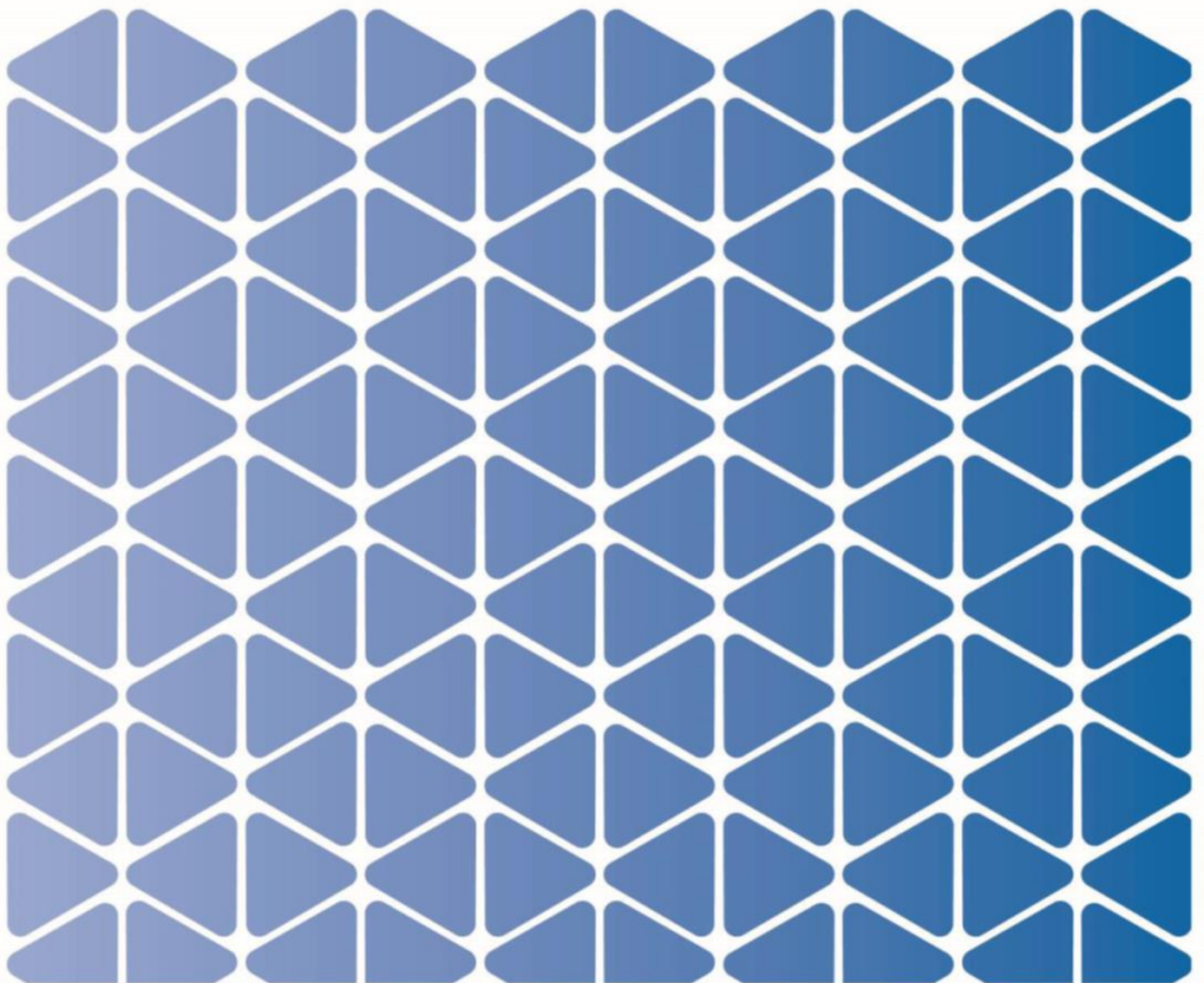




PATIENT INFORMATION

Skin Surgery Post-Operative Care Information Sheet



DEPARTMENT OF DERMATOLOGY

Skin surgery Post-Operative Care Information Sheet

Your skin surgery has now been completed. This leaflet provides you with some important information regarding your post-operative care which will help to promote optimal wound healing.

Immediately after the Procedure

The site of surgery will remain numb for anything from a few minutes to a few hours. If the surgery was on your face the muscles nearby may not work properly for a short time due to the effects of local anaesthetic which will wear off. Beware of hot food and drinks if the surgery was near your mouth and your lip feels numb. As your sensation returns you may experience some discomfort and it is therefore advisable to take simple painkillers such as paracetamol when you get home.

You should relax and rest for 48 hours, following your skin surgery. Refrain from any excessive exercise or heavy lifting for days.

You should avoid alcohol for 24 hours. Smoking impairs wound healing and should be avoided for a minimum of 5 days.

The Dressing

There may be a dressing over the wound. The dressing is designed to apply gentle pressure to the wound, therefore reducing the risk of bleeding.

Wound Care

You need to keep the stitches dry for days. If there is a dressing over the wound, leave in place for days before changing the dressing. On the day after your skin surgery, gently wash and dry the wound, remove any steri-strips which are still in place and apply **Vaseline** (100% pure petroleum jelly) from a **Brand New Pot** (this is to reduce the risk of wound contamination or wound infection) to the wound/ stitches for one month.

Stitch Removal

Your stitches are.....
.....
.....

Results

The skin that has been removed will be analysed by our pathologists.

For results, the timing can vary but please allow 6 weeks from your surgery date.

General Advice

It is important to try and avoid stretching of your wound, particularly during the first few weeks post-surgery whilst the scar is maturing. A degree of long-lasting numbness immediately along the scar-line is a common consequence of surgery resulting from injury to the superficial nerves present in the skin. If the surgery was on your forehead, the numbness may extend up towards your scalp.

Problems after skin surgery are not common but sometimes can occur.

If the dressing becomes heavily soaked with blood, or the wound becomes unexpectedly swollen or uncomfortable, there may be a problem with bleeding. This generally occurs within the first few hours post-surgery.

If the wound becomes unexpectedly sore, reddened, weepy or crusted there may be a problem with infection. This generally occurs several days after surgery. It should be remembered that there will be a mild degree of redness and scabbing along the scar line is quite normal.

Please contact **your practice nurse at your GP Surgery** or if **Out of hours: please contact the GP out of hours' service or your local minor injuries unit at the local hospital or your local A&E department for wound care advice or concerns.**

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.