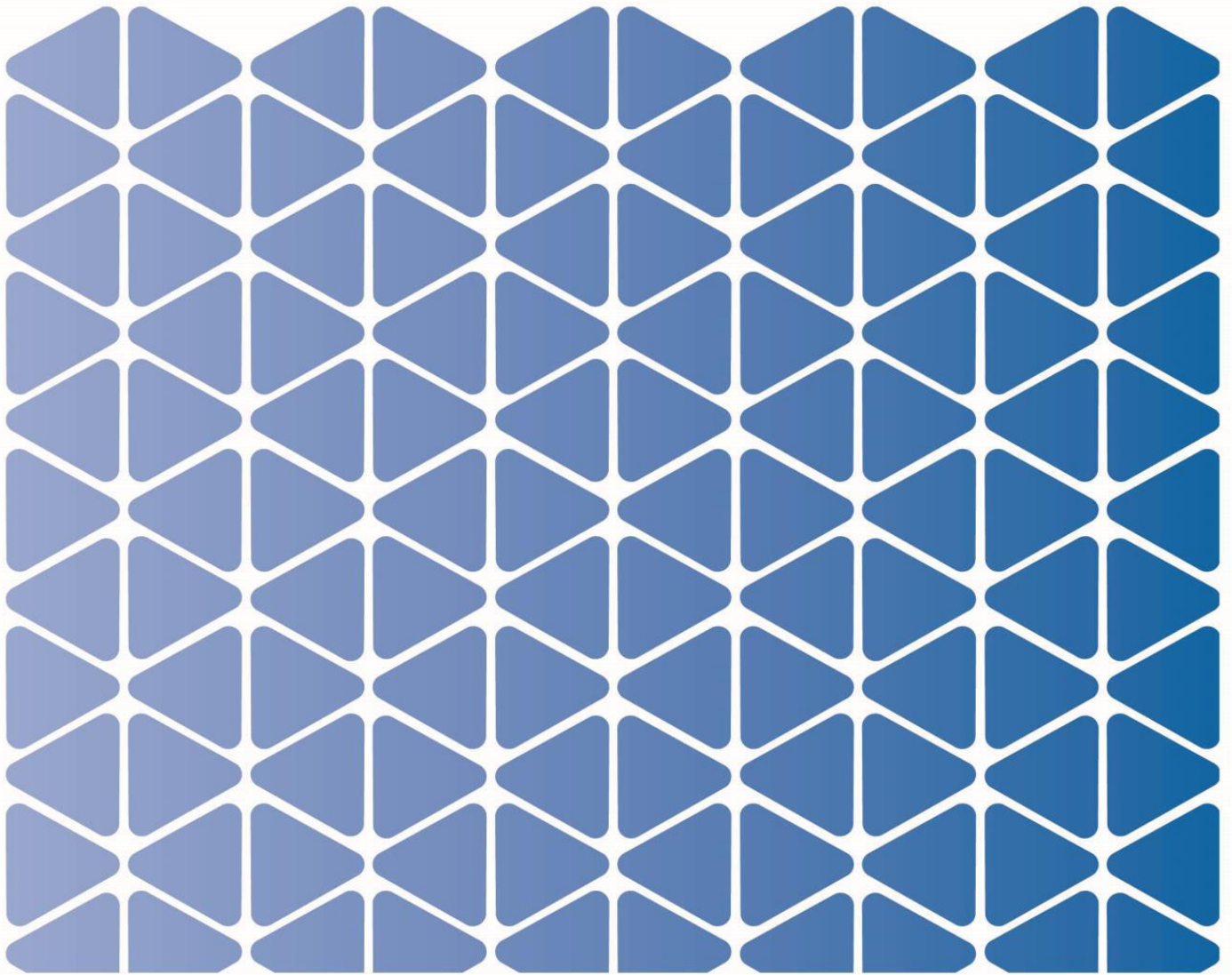




PATIENT INFORMATION

# YOUR WOUND AFTER MINOR SURGERY



## **Introduction**

You have had a lesion removed today, this is known as minor surgery.

## **Your wound**

Following your minor surgery, you are advised to keep the initial dressing dry and in place for 24-48 hours.

After this time you may remove the dressing and leave it open to the air or recover with the dressings provided. Please wash your hands thoroughly before doing this.

If bleeding occurs (if arm or leg – raise the affected area: if face – sit up). Use a clean tissue or handkerchief folded up tightly, place over the wound and press with your fingers. Apply direct pressure for 5-10 minutes. If this is not successful seek advice from your local Minor Injury Unit.

You can expect some bruising around the operation site. This is normal and should disappear within a few days.

If the wound becomes red, hot, swollen, painful or discharges several days after surgery, there may be an infection present. Please contact your own GP.

Avoid excessive exercise and sport before the stitches are removed and for 3 weeks after. This will put stress on the wound and may cause it to open up.

## **Pain or Discomfort**

Following surgery the area may become uncomfortable. You may take a painkiller such as Paracetamol.

Aspirin should be avoided as it encourages bleeding. However, if you have been prescribed low dose aspirin for other reasons, continue to take it.

## **Numbness**

The local anaesthetic will make the area numb for a few hours after injection, although occasionally this may be prolonged. Skin surgery always involves cutting some tiny nerves in the skin which normally do not cause symptoms but on occasion a small area of permanent numbness may develop.

## **Washing**

Wounds must be kept clean. You may get the wound wet after 48 hours, but DO NOT soak it.

Pat the area dry thoroughly after washing and re-apply a dressing if desired.

Avoid swimming until after the stitches have been removed.

**Other advice**

Your GP's practice nurse will take out your stitches, unless otherwise indicated, Please contact the surgery beforehand to make an appointment.

If you have any concerns please do not hesitate to contact the nursing staff on:

Alexandra Hospital

Tel: 01527 503030

Ext: 44518

Worcester Royal Hospital

01905 760275

An answerphone is available so please leave a message giving your name and telephone number and someone will get back to you.

**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.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

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