

**Secondary Intention Wound Healing Advice**

Nurses: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dr: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PATIENT INFORMATION**

Please make an appointment to see your Practice Nurse for your wound dressing when advised by the Dermatology Team

**GENERAL WOUND ADVICE**

* **WOUND CARE**

Secondary intention healing means that the wound is left open (rather than stitched together) and left to heal on its own, filling in and closing naturally.

It will mean that you need regular dressing changes to the area for up to six weeks, but this will depend on size, depth and site of wound.

Dressing changes can be carried out by your own practice nurse. It is important to rest for 48 hours following skin surgery to minimise complications. Avoid activities like dog walking, shopping, cycling etc.

* **DRESSING**

Do not remove the dressing as the practice nurse will look after it. If the dressing becomes loose just apply more tape.

* **BLEEDING**

It is normal to expect some oozing of blood from the wound. If bleeding occurs, apply constant pressure for 15 minutes. It should eventually stop. It is extremely important that you rest as this will help keep your blood pressure down and reduce the risks of bleed.

* **PAIN**

Take Paracetamol if your wound is painful. If this fails to ease the pain, try taking some Ibuprofen. ***If possible, avoid taking Aspirin as this can increase the risk to bleeding.***

* **INFECTION**

Infection can be a complication of any surgery and usually appears 2-7 days after the procedure. You may notice an increase in pain, redness, and swelling around the area. Occasionally there maybe yellow pus discharging from area. If an infection occurs, contact your GP as you may need antibiotics.

NB: open wounds may develop a yellow base which can leak fluid which is part of the natural healing process.

* **SCARRING**

Secondary intention wounds normally leave a good cosmetic scar, but this may take 12-18 months to fully heal. It is very important that once the skin has healed to massage the area daily with Vaseline or any preferred moisturizer to help soften the scar. This massage must be done with a firm pressure to be of benefit.

**PRACTICE NURSE**

Thank you for taking on the care of this patient whose wound is healing by secondary intention.

It is being packed with Kaltostat once / twice weekly, please continue with this regime. If the wound begins to over granulate, please treat with Silver Nitrate sticks. Please use your clinical judgement if you feel dressings can be reduced.

We will review in clinic here in 4-6 weeks unless you require us to see them sooner. If so, please call directly on the Nurse’s number: 01903 703275.