

SUTURED WOUND AFTERCARE ADVICE

Mr / Dr / PA / CNS: _____

RN / HCA: _____

Date: _____

ESSENTIAL GP FOLLOW-UP INFORMATION:**The type of suture used today:**

- ☐ **NON-DISSOLVABLE SUTURE:** Please contact your GP practice nurse to arrange an appointment for your suture removal in _____ days.
- ☐ **DISSOLVABLE SUTURE:** Your stitches will dissolve in a few weeks' time.
- ☐ **Please arrange an appointment with your GP Practice nurse for wound check in _____ days.**

GENERAL POST SKIN SURGERY INSTRUCTIONS:**> WOUND CARE**

It is important to rest for 48 hours following skin surgery to minimise complications. Avoid activities that can make you sweat excessively and elevate your blood pressure (exercising, long walks including shopping, etc). **You should remove the dressing in _____ days; ensure you hand wash before and after touching your wound.** After removing the dressing, clean the area with warm water and cotton ear buds. Remove any crusts and apply Vaseline to keep the skin moist. This may be repeated once or twice daily to help produce the best cosmetic result. If you were sent home with a Tubi-grip for support, please take them off at night.

> PAIN

Take Paracetamol if your wound is painful. If this does not ease the pain, try taking some Ibuprofen. ***If possible, avoid taking high dose Aspirin or Ibuprofen on the first 24 hours as this can increase the risk of bleeding.***

> BLEEDING

It is normal to expect some oozing of blood from the wound. If bleeding occurs, apply constant pressure for 15-30 minutes. It should eventually stop, however, if it is still profusely bleeding after half an hour of pressure, take yourself to A&E. It is also extremely important that you rest as this will help to keep your blood pressure down to reduce the risk of further bleeding and bruising.

➤ INFECTION

Do not swim or soak in the bath for at least 2 weeks to minimise the risk of infection. Infection can complicate any operation and usually appears 2-7 days after the procedure. Take a photo of your wound from the day you remove the dressing to have something to compare it with every day. If you notice increasing pain, redness, swelling, and occasionally, yellow or green wound discharge, see your GP for assessment and an antibiotic prescription.

➤ INTERNAL STITCHES

Internal stitches may be used to hold the skin edges together. They usually dissolve in the first few weeks following surgery but can occasionally take up to 4-6 months. They can sometimes cause a small blood blister or a non-healing area of the wound. Your practice nurse can normally remove the stitch by exploring the wound edge and snip out the internal stitch.

➤ AFTER SUTURE REMOVAL / DISSOLVING

Wound strength takes 4-6 weeks to develop and up to 12 months to fully heal. It is important to avoid strenuous exercise for 6 weeks after your operation to make sure that the wound does not break open and to improve the final scar. This is extremely important for wounds on the legs, arms and upper back/chest. You may wish to apply Micropore tape for 8 weeks to support the wound. It may also be helpful to massage the wound for several minutes once daily after stitch removal, increasing to a firm pressure after 2 weeks. Use a moisturiser such as E45 or Vaseline Intensive Care Lotion.

WHAT TO DO IF YOU HAVE CONCERNS WITH YOUR WOUND:

- **Please contact your local GP Practice or visit the nearest Walk-In Centre in your area.**
- **Alternatively, ring SCDS-Surrey Post Skin Surgery Advice Line on 07517101032 - open Monday-Friday, 0900 - 1700.**
- **For out of hours contact, you may call 111 for advice or attend A&E for immediate attention.**