



Probus Surgical Centre

"Providing NHS Service"



# Information for Patients

## Dermatology Wound Care Advice

**What have I had removed?** .....

### How to care for my wound?

Please do not get your wound wet for the first 2 days. Apply the Vaseline, if given to you, twice a day until your review appointment.

We recommend you stop smoking while the wound is healing, as smoking can slow the healing process. Avoid Alcohol for 72 hours to reduce the risk of bleeding.

### If you have a Dressing?

You will have been advised when the dressing is to be removed.

You have been given a Discharge Summary and some dressings **if** needed to take to your own GP nurse **should** your dressing need changing. If you are unsure please contact Probus Surgical centre for advice **on 01726 885104.**

### What should I avoid?

Avoid strenuous exercise as this will increase your risk of bleeding.

### Can I take any painkillers?

Yes, if you experience discomfort following surgery you may take Paracetamol 2 tablets every 6 hours but no more than 8 in 24 hours.

### When will my stitches be removed?

If you have sutures to be removed you will have been advised by your surgeon.

### What should I Look out for?

If your wound bleeds following surgery, apply firm constant pressure for 30 minutes. Keep upright if the wound is on your face, scalp or upper body. Or, if the wound is on a limb raise this if possible. If your wound continues to bleed contact us immediately.

If your wound becomes red, painful, swollen or discharges pus you may have an infection and need to contact us at Probus. in the first instance, rather than your own surgery on **01726 885104.**

**Phone lines are open Monday to Friday 08:30am – 16:30pm only.**

Alternatively, contact the **Dermatology Department on 01872 253254 / 253089** during office hours, Monday to Friday 9am – 5pm

If outside of these hours, then please contact **NHS 111** on 111. Please note that NHS111 may refer you on elsewhere if necessary

### **How long does it take for the histology result to come back?**

If the sample is marked as urgent this will take 2 to 3 weeks to come back

If the sample has been sent for routine laboratory analysis (histology) the result will take approximately 2-4 weeks to come back.

### **Will the surgeon contact me with results?**

If the histology result comes back showing cancerous cells or anything suspicious your surgeon will see you for a review appointment to discuss this. An appointment will be sent to you by dermatology department.

### **Skin Graft wound advice**

Following your surgery, you may be left with 2 wounds:

- At the site of the skin graft \_\_\_\_\_
- At the place where the graft was taken \_\_\_\_\_
- It is important that the graft remains covered for one week (unless your surgeon requests otherwise). Disturbing the graft can disturb the healing process.
- We also recommend that you stop smoking while the wound is healing, as smoking can prevent the graft from taking successfully.
- Be careful not to knock or disturb the graft site.
- You will be advised about a review appointment should you require one and should a letter or phone call from Dermatology department within two weeks post-op.

**Please contact us in the first instance, rather than your own surgery, on 01726 885104 if you have any queries or problems. Phone lines are open Monday to Friday 08:30am – 16:30pm only.**

**Alternatively, during office hours, Monday to Friday 9am – 5pm, contact the Dermatology Department on 01872 253254 / 253089.**

**If outside of these hours, then please contact NHS 111 on 111. Please note that NHS111 may refer you on elsewhere if necessary.**