



Probus Surgical Centre

"Providing NHS Service"



# Information for Patients

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## MaxFax Wound Care Advice

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

### How to care for my wound?

Please do not get your wound wet for the first 10 days. Apply the ointment, 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 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.**

## 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 review appointment and a letter or phone call from Maxillofacial department within two weeks post-op

If you have any questions or problems within the first week after your appointment, please contact the Maxillofacial department on:

**01872 253980**  
Monday to Friday

Outside of these hours please call:

**01872 250000**

And ask for the on-call MaxFax SHO and quote the procedure performed above at Probus Surgical Centre with the Consultant named above.