

Patient Information

Post-Surgical Procedure

Dermatology

Patient Sticker

Dr/Nurse _____

Performed your biopsy/minor surgery procedure today. The procedure performed was:

To ensure your safe and complete recovery, please follow these:

- ☐ **Post operative Pain** - *The local anaesthetic will wear off in a few hours. If you have pain, take Paracetamol not Aspirin.*
- ☐ **Post operative Bleeding** - *If the wound starts to bleed firmly press over the dressing with a clean cloth for 10 minutes. If the bleeding does not stop, contact the Dermatology Department.*
- ☐ **Signs of Infection** - *The wound may be tender for the first few days, and there may be some swelling and bruising. This is normal. If the wound becomes more painful, red, or produces more discharge over the first few days, contact the Dermatology Department.*
- ☐ **Medication** - *If you were asked to stop any drugs such as Aspirin or Warfarin these can be restarted the day after your operation.*
- ☐ **Results or follow up:** *results could take up to 4-8 weeks or sometimes longer and you will be contacted via telephone or letter.*
- ☐ **Wound care:**
 - ☐ Rest. Avoid any strenuous activities.
 - ☐ Remove all dressings after 48 hours.
 - ☐ If your dressing falls off in the first 48 hours put a new dressing on or keep the wound clean and dry.
 - ☐ If you have a pressure dressing keep this in place for at least 24 hours
 - ☐ You may shower or bathe the area after 48 hours or as advised.

- ☐ If you have been advised to apply Vaseline to the wound, place a liberal amount over the stitches with a cotton bud once or twice a day until stitches are removed.
- ☐ If you smoke, try to reduce the quantity at least for the first week after surgery to enhance wound healing.
- ☐ If you had surgery to a lower limb, we would advise to wear flat comfortable shoes and elevate your leg as much as possible over the next few days.
- ☐ Please arrange for the practice or community nurse to remove your sutures/ dressings in _____days.

***If you have any concerns about your wound contact the Dermatology Department on: 01633 234646 Monday-Friday 8am – 5pm
Please contact the GP Out Of Hours Service after 5pm and on weekends.
If you are unable to stop any active bleeding after 5pm and on weekends please attend A&E.***

These instructions were explained to me by:

_____ (print name)

Signature: _____

Date: _____

**This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg"**