

Caring for your surgical wound at home

Information for patients



After your treatment today you will have a surgical wound. This leaflet aims to answer the most frequent questions about how to take appropriate care of it.

There are a number of measures you can take to help your wound healing and reduce the chance of it getting infected.

Dressings care

Not every wound requires a dressing. The dressing is designed to absorb leakage from the wound and protect the area. The dressing can be left in place for around two to three days.

When you remove the dressing please:

- Wash your hands prior to touching the dressing
- Do not touch or squeeze the wound

If the wound is healing it can be left without a dressing. If the position of the wound is susceptible to rubbing or pressure you may want to apply a fresh dressing for protection. We will give you replacement dressings to use at home.

Stitches

Unless you are told otherwise explained, your wound is closed with dissolving stitches.

Dissolving stitches will disappear as the wound heals. If you see or feel the end of the stitches protruding, please do not pull on these. It is absorbable material and will disappear in due course. If the stitches need to be removed you will be given specific instructions.

Can I Bathe or shower?

Usually we advise that you should wait 24 hours before showering.

Please note:

- Showering is better than bathing. Soaking the wound can soften the tissue.
- The dressings are (unless you are told otherwise) waterproof so can be left in place whilst you take your shower.
- Avoid products such as gels or soaps in direct contact with the wound; it may cause you pain or discomfort.
- Carefully dry your wound after showering with a clean towel.

Wound complications

The most common complications after surgery is wound infection. When a wound becomes infected you will notice:

- The wound becoming more painful.
- Looking red or swollen.
- Leaking pus or bloody discharge.

If you notice any of above the signs or if you develop a high temperature, please contact your GP.

Wound infections respond better when treatment is started earlier.

Contact details:

If you have any questions or want to discuss, please contact us:

Telephone: 0113 206 7733

Monday - Friday 09.00-16.00



What did you think of your care?

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