



## **Day Surgery Department**

# **Patient Advice Following Minor Surgery**

You have just had a procedure to remove .....

### **Wound**

It is advisable to keep the wounds clean and dry for the first ..... hours to promote healing and minimise the risk of infection. The wounds should be kept covered until healed. Appropriate dressings will be given to you as necessary.

After ..... hours, you can wash and shower as normal, but avoid soaking the wounds and dressings. To minimise the risk of irritation to the wounds, avoid the use of strong-scented soaps and talcum powder.

Change the dressing after ..... hours and then every ..... days until the wound has healed/stitches have been removed or have dissolved.

It is not unusual for there to be bruising around the incision.

Observe the wounds for signs of inflammation, swelling, redness or discharge. If you have any concerns, please contact your GP for advice.

### **Stitches**

The wounds have been closed with stitches that do not need to be removed. They usually take ..... to ..... days to dissolve.

The wounds have been closed with stitches that need to be removed. Please make an appointment with the practice nurse at your GP surgery on ..... for removal of stitches. A practice nurse letter will be given to you on discharge.

### **Pain**

The surrounding area will have been numbed with local anaesthetic which normally wears off within four to eight hours. You may experience some discomfort at this time. It is advisable to take some pain relief as required. Follow the instructions on the packet and do not exceed the recommended daily dose.

## Activity

It is natural to feel tired, as this is your body's natural reaction to the stress of the procedure. Take it easy for the next couple of days but ensure that you take regular short walks to help the circulation in your legs. You must not drive for 24 hours if you have had general anaesthetic or sedation. This is a requirement of the Road Traffic Act.

## Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please call:

Your GP or out of hours GP	
NHS Direct	111
Dorchester Day Surgery Unit	01305 254501 (day of procedure only)
Weymouth Day Surgery Unit	01305 762664 (day of procedure only)
Lulworth Ward after 8pm	01305 255471
Abbotsbury Ward after 8pm	01305 255150

## About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



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