

## WOUND CARE AFTER SKIN SURGERY

Following the surgery your next visit will have your wound checked and/or stitches removed.

Please follow the advice below to allow the best chance of healing and to minimise complications.

- Please keep the wound dry for at least three days following your operation. Your doctor/nurse will discuss specific dressing care with you depending on your surgical site.
- If you have a shower-proof dressing, these are splash-proof only. Short showers are ok, but please avoid swimming or bathing.
- Please rest and avoid any activities that may cause the wound to open, e.g. heavy lifting, golf, running.
- If you have had surgery on your arm or leg it is important to elevate the limb as much as possible.

- **Pain relief:**

Your wound site may be mildly painful for the first day or two after surgery, and this should settle as it heals.

For pain relief, you may take 2 paracetamol tablets up to 4 times a day if required.

- **Bleeding:**

It is normal for the wound to ooze slightly in the first few days.

If your wound is actively bleeding, please apply direct pressure to the dressing for 5-10 minutes which is usually enough to stop it. Please only change the dressing if needed.

- **Infection:**

It is normal to experience some mild tightness, itching or minor redness around your wound.

**Signs of infection are increasing pain, redness and swelling.**

**If you are worried about infection, bleeding or have any other concerns please phone or make an appointment with our nurse as soon as you can.**

**If needing urgent attention after-hours then please attend City Medical, 76 Wellesley Road, Napier South, who are open 24 hours.**