

NHS
Royal Berkshire
NHS Foundation Trust

Advice following incision and drainage of abscess

Adult Day Surgery Unit

This leaflet gives advice to aid your recovery following your procedure on the Adult Day Surgery Unit.

What is an abscess?

It is an abnormal pocket in the body containing pus and surrounded by swollen or inflamed tissue.

After the operation

- Your abscess has been incised (cut into), cleaned and left open to allow any fluid to drain. The cavity has been packed with a special dressing to allow the wound to heal. You have a dry pad over the wound to absorb any discharge.
- Your dressing will need to be changed daily by the district nurse or the practice nurse at your GP's surgery.
- You will be given a letter and wound dressings to take with you when you first have your dressing changed.
- *An appointment has been made for you with the practice nurse at your GP's surgery on _____ at _____ to have your dressing changed.
- *The district nurse will visit you at home on _____ to change your dressing.

* *Please delete as appropriate.*

At home

- Please take a bath/shower before your daily dressing change to ensure easy removal of the pack.
- It is normal to experience some pain and discomfort after your operation and whilst the wound is healing. You should take regular painkillers (such as Paracetomol or Ibuprofen), following the recommended dosage on the packaging. It is a good idea to take painkillers before your daily dressing change.
- Do not drive until you can safely do an emergency stop (up to 2 weeks) but please check with your motor insurance company before driving a vehicle.
- You should stay off work for _____ (please ask nursing staff for a fit note if required).
- You may need to stay off work for longer than this, depending on the healing process. Please make an appointment with your GP if this needs to be reviewed.
- You may need to avoid strenuous activity or exercise for four to six weeks, or until the wound is healed. Your doctor can advise you on this.
- For any problems regarding wound discomfort or weeping, please telephone the Adult Day Surgery Unit for advice. Out of hours, contact NHS 111.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622.

Opening hours are 7.30am to 10.00pm Monday-Friday. If you need help/advice outside these hours, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call surgery doctor. Please note that this should be for emergencies only.

After 24 hours, please seek advice from your GP or call NHS 111.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT ADSU, November 2026

Next review due: November 2028