

## Care of your wound after surgery (no stitches)

There are a number of things that you can do to look after your wound to lower the chance of infection and encourage healing.

- **Keep the wound clean and dry for the first 48 hours.** If there is a dressing in place, leave this alone, providing that it is dry and not soaked with any other liquid. After this period, the top dressing can be removed.
- Before removing the dressing, you must wash your hand with soap and water and then carefully take the dressing off. Do not touch the wound with your fingers.
- **If the wound is still wet or oozing, then clean the wound and redress for a further 48 hours.** This should be continued until the wound is dry. It can then be left open without the need for any further dressings.
- Your wound may be a little painful for the first few days. **Paracetamol can be taken as required up to every 6 hours.**
- Slight post-operative bleeding may stain the dressing but requires no action. **If, however, the bleeding is heavy, place some gauze on top of the original dressing and apply firm pressure for 10-15 minutes.** You are advised to set a timer to ensure the adequate time has elapsed.
- **Surgery, especially around the eye or on the forehead, can result in bruising,** which requires no treatment and will disappear over the course of a fortnight.
- Most surgical wounds heal without causing any problems. However, wound infections are one of the most common complications after surgery. This means that germs have started to grow in the wound, which can delay normal wound healing. Wound infections are usually treated with a course of antibiotics. **If the wound, after a few days, becomes more painful, looks red, inflamed or swollen, leaks liquid, pus or blood or smells unpleasant then you should contact your GP or practice nurse as soon as possible.**
- **Once the wound is dry, it will start to scab. Do not pick this off.**
- **Apply Vaseline daily to the area to allow the scab to come off naturally. Once it has fallen off, you may massage the scar 2-3 times a day with an emollient or bio-oil to help the scar soften and blend into the surrounding skin.**
- The scar will take up to 3 months to settle down completely.
- **You will receive a letter with the result of your tests within 4-6 weeks.** Your GP will be informed at the same time. If you do not receive that letter please contact us or your doctor to chase it up for you.

Please feel free to discuss any questions or worries you may have with your doctor.

### Contact us

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