

## Advice following minor plastic surgery

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This leaflet gives information and advice following your minor plastic or reconstructive surgery. If there is anything you don't understand please ask your doctor or nurse.

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### Pain relief

Usually the operated area will be numb for 4-6 hours, but occasionally longer.

As the anaesthetic wears off, you may feel discomfort or pain around the area. If you need pain relief we recommend Paracetamol (unless you are allergic to it). Please avoid aspirin unless you are taking it for another condition and the doctor has told you to continue it.

### Wound care and dressings

Your wound will have a dressing over it. The type of dressing varies depending on the area of the body. Some dressings must be kept absolutely dry until your follow up appointment; others are splash-proof. We will give you advice on how to look after your dressing but if in doubt please keep it clean and dry.

### Chloramphenicol eye ointment

Occasionally, we give patients this ointment to use rather than a dressing. Despite the name, we use this for wounds, not eyes.

Here is how to use it:

1. Apply a thin layer to the wound twice a day. Do not reapply without washing the old layer off.
2. Store in the fridge and throw it away 28 days after opening or at the expiry date.

### Activity following surgery

This varies greatly depending on your operation. We will advise you how long you should rest, be off work or avoid exercise. Here is some general advice about different areas of surgery:

#### Lips or mouth

Please avoid hot drinks or food until the next day because of the numbing effect of the local anaesthetic and the risk of burning yourself.



## Contact numbers

David Garden, Plastic Surgery Nurse

Pager: 07623911340 then enter your telephone no. including area code

E-mail: [david.garden@royalberkshire.nhs.uk](mailto:david.garden@royalberkshire.nhs.uk)

Plastic Surgery Royal Berkshire Hospital Admin team (CAT 1): 0118 322 7139

Alternatively, call:

Adult Day Surgery Unit (ADSU): 0118 322 7622
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If out of hours / weekend, call the Specialist Surgery Inpatient Unit in Oxford on 01865 234723 / 01865 231233 for advice. If you have trouble getting through, ring the Oxford University Hospital switchboard on 01865 741166 and ask for duty Plastic SHO.

Visit the Trust website at [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

Based upon information from Oxford University Hospitals NHS Foundation Trust

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