Post-Operative Wound Care Instructions

Wound Care After Surgery

After your surgery, a dressing will cover the wound. Keep it dry and covered for 24–48 hours. If it becomes wet, gently pat the area dry and replace the dressing. If the dressing is stuck, you may soak it off gently - do not force it. After 3–4 days, a dressing is usually no longer needed.

Although you will not be discharged with a bleeding wound, minor oozing or bleeding can occasionally occur. This can typically be managed by applying firm pressure for 30 minutes. If the dressing becomes too wet, it should be replaced.

Avoid strenuous activity, bending, or heavy lifting for several days, as this can cause bleeding or disrupt stitches. If you experience pain, paracetamol every 4–6 hours is usually effective. Pain should improve within a few days—if it worsens, it may indicate an infection requiring antibiotics from your GP.

Avoid smoking entirely for at least one week after surgery. Smoking significantly delays wound healing and increases the risk of infection.

Daily wound care (after the dressing is removed)

- Wash your hands
- Wash the wound carefully with clean water
- Try and gently remove any dried blood or scabs
- Use cotton buds or cotton pads for delicate areas
- Pat the area dry and apply a thick layer of Vaseline or Polyfax ointment to keep the wound clean, soft, and moist.

Stitches

☐ You have dissolvable stitches that do not need removing

☐ You have . stitches which need removing by your Us/GP Nurse in ____ days

Please remember to book in the appointment with the Gp nurse

Receiving your results

Lab results typically take up to 12 weeks, or longer if specialised tests are needed. You may be given a follow-up appointment to discuss them. For minor procedures, results may be sent by post, which can take several weeks. In some cases, a second procedure may be required based on the findings.