

Discharge Information for Plastic Surgery Day Case Patients

Sanderson Suite
01744 646089/646098

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Only those boxes ticked are applicable to you

- Your wound may become painful or tender when you return home. If you are in pain, you may take your normal painkillers as directed on the bottle, or by your G.P. **Do not exceed the stated dose.**
- Ensure that you keep your wound clean and dry. Unless instructed otherwise by your surgeon.
- Do not remove your dressing or bandages until you return to dressing clinic, unless you have been instructed to do so.
- Your wound may appear to bleed following surgery. This can be quite normal as the blood supply returns to normal after an anaesthetic. If bleeding does occur, apply 10 minutes of firm continuous pressure with a clean handkerchief or gauze swab directly to the affected area. If bleeding continues, seek medical advice.
- If you have had surgery to an arm, be sure to elevate your arm as much as possible, resting your arm on a pillow can help reduce swelling and pain.
- If you have had surgery to your leg, be sure to rest your leg by elevating it on a stool as much as possible until your next appointment. Your heel must be free of pressure wherever possible and you should avoid standing still for long periods of time.
- Do not do any sports or heavy work until the doctor agrees.
- If the doctors have prescribed you any new medications, please take as directed on the label.
- If you have had any surgery on your face, and especially near your eyes, sit up as much as possible as this will reduce any swelling. Avoid pulling tight clothing over your head; this may encourage your wound to bleed. Avoid bending down with your head 'drooped'; this will encourage the wound to bleed.
- If you have had surgery to make your arm/hand/finger(s) go numb, be sure to check that your arm/hand/finger(s) returns to normal feeling, colour and temperature after hours. If '**normal**' sensation does not return, do not hesitate to contact the ward for further advice.
- Your skin may appear white around the area that you have been operated on. This is due to the local anaesthetic and should return to normal in approximately 2-4 hours.
- If you are taking any anticoagulants i.e. Warfarin, Clopidogrel, Aspirin etc, please re-commence on as instructed by your surgeon.
- You have a skin graft donor site. It is important that the dressing on this is left in place until the wound has healed.

Outer dressings may be changed as necessary, and loose dressing may be trimmed, but please do not try to remove the dressing that is adherent to the skin.

Care of wound after removal of stitches

- Please wait 2 weeks after your stitches have been removed before massaging the wound.
- Make sure the wound is completely healed, i.e. the wound is closed and there is no sign of infection or swelling around the area.
- Use an unperfumed moisturiser.
- Always wash your hands before massaging.
- Place a small amount of moisturiser on the tip of one finger and massage down the length of the scar and not across.
- Massage the area twice a day for a few minutes for the next 12 to 24 weeks. (Wash the moisturiser off before reapplying).
- Keep the scar out of the sun by covering with sunblock cream for the next 2 to 3 years.

There is no standard amount of time before it is safe for your return to driving. You need to be sure that your wounds will not cause you any distraction, that you have the strength, range of movement and be free of pain to ensure you are in control of your car. This includes being able to control the car in the eventuality of an emergency stop.

It is advisable to discuss your surgery with your insurance company prior to recommencing driving.

Post Op Appointments

Your Post Op Appointments

Plastics Dressing Clinic appointment will be:

_____ at _____

Please ring **0151 430 1285** after 10.30am for your appointment date. Please leave it a few days before you ring the dressings clinic.

Or

Treatment Room appointment will be:

In _____

On _____

Please ring _____ for an appointment for removal of stitches or wound check at your local Treatment Room for the above date.

If you notice any redness, inflammation or heat on the good tissue surrounding your wound, a yellow/green discharge, a sudden onset of pain which is unusual to how your wound has been or you feel that your general condition has deteriorated in any way, please contact your GP/Out of Hours GP or attend your local Walk In or Urgent Care Centre.

Alternatively you can contact the ward on 01744 646089/ 646098 to seek advice.

Your Consultant is: _____

Your Nurses today were: _____

Your appointment to attend the follow-up clinic is in: _____

You will receive the appointment letter in the post.

If you do not receive any correspondence with regards to your appointment then please contact Sanderson Suite reception on **01744 646087** or **646085** or alternatively you can ring **Whiston** on **0151 426 1600** and ask for your consultants secretary.

Sanderson Suite – St Helens

Monday to Saturday 8:00am to 8:00pm

01744 646089 / 646098

Ward 3A - Whiston

24 hours day

0151 430 1520

Plastics Dressing Clinic

Monday to Friday 10:30am to 4:00pm

0151 430 1285.

Any problems with skin grafts before your PDC appointment please contact one of the numbers above

If you require urgent medical advice that is not an emergency you can contact NHS 111 or go to your nearest Walk In Centre or Urgent Treatment Centre.



**Mersey and West Lancashire
Teaching Hospitals**
NHS Trust

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633