

Aftercare continued

Avoid wearing tight clothing that may rub against the wound.

Be aware that the colour of your healing skin graft may change depending on the time of year, some patients have noticed that the area/s may be pink in the summer and purple in the winter.

This is normal and you should not worry.

Useful Contacts

Dressing clinic: 0151 430 1285.

Out of hours community nurse contact numbers:

01744 22022 for St Helens and Knowsley (8pm-8am)

0151 285 2733 for Liverpool patients (8pm-8am)

If you wish to contact the Physiotherapist or Occupational Therapist please call 0151 426 1600 Extn 2243 (Ward 4D) or Extension 2595 (Ward 3A).

If you have not received your follow up appointment as discussed on your discharge, please ring 0151 426 1600 and ask for your Consultant's secretary.

Please ask a member of staff if you would like a chaperone present during your procedure.

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

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

How to care for your skin graft following discharge

Patient Information Leaflet

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 przygotuje.

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.

Dressings

If you have a dressing on your wound/s please keep this clean, dry and undisturbed until your next dressing appointment/visit from Community Nurse. Please ensure hands are cleaned thoroughly if you or someone else needs to touch your wound. If necessary, please take your painkillers at least 45 minutes before your appointment to help with your pain relief during a change of dressing.

If you have been given antibiotics please finish the course.

Appointments

Before you go to the Dressing Clinic an appointment will be arranged for you as necessary for either a treatment room visit or a community nurse visit.

If you have not received your follow up appointment as discussed on your discharge, please ring 0151 426 1600 and ask for your Consultant's secretary.

You will be given 7 days supply of dressings; to give to the Community Nurse.

Contacts

The correct contact phone numbers for you will be given at your discharge.

Exercises

If you have been given exercises it is **very important** that you continue to do them as you were shown. To aid comfort try keeping your hand/s arm/s leg/s raised on a pillow. This will help the blood flow, prevent swelling and help with pain relief.

If you have been given a splint to wear it is very important that you carry on wearing it as you were shown. It will help in the future with your hand movements.

Problems

Please contact the ward where you were admitted should you have any of the following problems:

- If the area around your skin graft becomes very swollen
- Pain that is not relieved by taking your pain killers
- If you feel the condition of the graft has worsened
- Bleeding that will not stop after applying gentle pressure
- Any redness which feels hot to the touch and goes past the end of the dressing
- You feel generally unwell
- Have a green/brown smelly discharge coming through the dressing
- The dressing falls off.

Dressing Clinic

You will be given an appointment to attend dressing clinic. **It is important that you keep this appointment.**

Please contact the clinic straight away on **0151 430 1285** if you will not be able to keep your appointment.

If an ambulance has been arranged for you to return to the dressing clinic, **please be ready 2 hours before** your appointment time. This is because ambulances sometimes collect patients early and cannot wait for you to get ready.

Aftercare

The nurse in dressing clinic will inform you when your wound/s completely healed. Once completely healed you can begin to wash the areas with a mild non-perfumed soap and pat dry with a clean towel. You will be shown how to massage the area twice a day with a moisturising cream.

Keep your healed area out of the sun or apply a total sun block for the next 2 summers as newly healed skin burns very easily in the hot sun.