St Helens and Knowsley Teaching Hospitals NHS Trust

Monitoring of wounds and drains following dissection surgery

This leaflet can be made available in alternative languages / formats on request.

如有需要,本传单可提供其他语言/版式 此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.

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Welcome to the plastic surgery unit

Notes

What happens now?

You have met the criteria to be able to be discharged home with your drain(s). The following information will enable you to be as safe as possible whilst at home. It is essential that you follow these simple steps to reducing the risk of infection at home.

Hand washing

Hand washing is the single most important procedure for preventing infections, it is vitally important that before you undertake any type of care of your wound or drain that you wash your hands properly.

It takes at least fifteen seconds to wash your hands properly – this is about how long it takes to sing 'Happy Birthday to you' twice through!

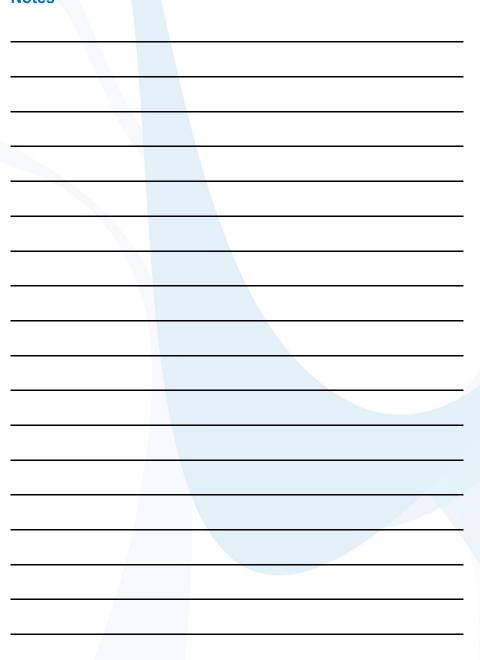
Wet your hands with clean, running water and apply soap.

Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 15 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel or air dry them.



If you have a problem with your wound, or drain site you should contact the Outreach Service or Ward 3A

- 0151 430 1520
- 07879 016 569

At the earliest opportunity an appointment will be made for one of the team to review your wound, a swab of the wound will be taken and treatment may be given in the form of antibiotics.

If you are expecting an Outpatient appointment but do not receive one, please contact your Consultant's secretary.

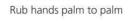






Wet hands with water

Apply enough soap to cover all hand surfaces



06

Right palm over back of the left



Backs of fingers to opposing palms with fingers interlocked

Palm to palm with fingers interlaced





fingers of right hand in left

palm and vice versa



Rinse hands with water



Rotational rubbing of left thumb clasped in right palm and vice versa



Dry hands thoroughly with a towel

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Surgical wound infections

Many micro-organisms (germs) live in and on our body and also in the environment. Most of these are harmless; some are a useful part of our bodies defence system against other germs.

The skin is another example of the body's defence system, this prevents germs from entering. Surgical infections happen when these germs enter the body through the cut (incision) site that the surgeon has made.

A surgical wound infection can occur at any time from two to three days post op, right up until the wound has completely healed, which can be as long as two to three weeks.

Whilst you are with us in hospital we will check your wound for any signs of infection, if you are worried about your wound, please just let one of the staff looking after you know. When you are being discharged we will give you advice on how to look after your wound as well as some signs to watch out for.

These signs include:

- The skin around your wound gets red, sore or feels hot and swollen.
- Your wound has a green or yellow coloured discharge.
- You feel generally unwell or feverish, or you have a temperature.

What we send you home with

As well as a stock of spare dressings, drain bottles/drain bags we will also give you:

Antiseptic wipes - These wipes are used to clean the end of your drain bag, use these to wipe the cap prior to opening the drain. Empty the contents and then wipe again prior to closing the cap.

Measuring jug - These are single use only. Please use this jug to measure the fluid from your drain bag and record the amount on the chart provided. Once measured dispose of the fluid down the toilet, the jug can be placed in household waste.



