

Discharge advice for patients following abdominal 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.

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



Author: Plastic Surgery Unit
Department: Burns and Plastics
Document Number: STHK0665
Version: 4
Review date: 01 / 02 / 2024

Dressings

- If you have a dressing on your wound(s) please keep this clean, dry and un-disturbed until your next dressing clinic appointment or visit from the Community (District) Nurse.
- If you have been supplied with an abdominal support please wear it day and night for one month.
- If you need a visit from a Community Nurse before you go to Dressing Clinic, one will be arranged for you and you will be given 7 days supply of dressings to give to the Community Nurse.
- The Community Nurse may visit you in your home or you may be asked to attend your GP surgery. The Community Nurse will arrange this with you.
- If necessary, please take your painkillers at least 45 minutes before your clinic or visit from the Community Nurse to help your pain relief during a change of dressing.
- Please ensure hands are cleaned thoroughly if you or someone else needs to touch your wound at any time.

Exercises

- If you have been given exercises to perform by a Physiotherapist, it is very important that you continue to do them as you were shown.
- Avoid driving for 2-3 weeks and heavy lifting or heaving housework for 4-6 weeks following surgery.
- Please avoid swimming or aerobics for 6-8 weeks then check with your consultant.

Problems

Please contact Ward 3A if you have any of the following:

- Very swollen abdomen area
- Pain that is not relieved by taking your pain killers
- 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 or have a green/brown smelly discharge coming through the dressing.

Dressing Clinic

You will be given an appointment to attend Dressing Clinic.

It is very important that you keep this appointment.

The telephone number for the Dressing Clinic is: **0151 430 1285**

Please contact the clinic straight away 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 as ambulances tend to collect patients early and cannot wait for you to get ready.

After care

The nurse in Dressing Clinic will inform you when your wound(s) are completely healed.

Once completely healed you can begin to wash the areas with a mild un-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.

You may experience reduced sensation in the area from waist to thigh in the period following the operation.

Please do not use hot applications such as hot water bottles around this area.

If you have any concerns, please contact Ward 3A on: **0151 430 1520**

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