

Discharge information for plastic surgery local anaesthetic day case patients

**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 from your G.P. **Do not exceed the stated dose.**
- Ensure that you keep your wound clean and dry.
- 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, contact the hospital using the contact numbers supplied.
- If you have had surgery to an arm, be sure to elevate your arm as much as possible, resting your arm on a pillow will help until your next appointment.
- 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 you have had any oral surgery, be sure to use a mouth wash at regular intervals. It is important to do this after each meal and before you go to bed.
- 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 hospital 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, Apixaban, Edoxaban 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.

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 do not hesitate to contact the Holbrook Unit or Plastic Surgery Day Case Unit (PSDU) for further advice.

Contact details are:

Holbrook Unit (Monday to Friday 8-5): 0151 430 2201

PSDU/Mohs Suite (Monday to Friday 8-6): 01744 64 6428

Please turn to next page for further information

**If you have not received your Consultant follow up appointment by
.....please call 0151 426 1600 and ask for
.....secretary.**

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.

Contact Details

Holbrook Unit (Monday - Friday 8-6): 0151 430 2201
PSDU/Mohs Suite (Monday - Friday 8-6): 01744 64 6428
Ward 3A (24hr service): 0151 430 1520
Dressing Clinic (Monday - Friday 8-4): 0151 430 1285
Plastics Trauma Assessment Unit (Monday - Friday 8-4): 0151 430 1642

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

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA