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Plastic Surgery Discharge Information

For Local Anaesthetic Day Case Patients

Excellent care with compassion

Division of Surgery – Plastic Surgery and Burn Facility

@LancsHospitals

This leaflet is designed to give you general information and advice about returning home from hospital. Depending on the type of operation you have had, you may also need additional information. A nurse will discuss any specific discharge information with you.

Going Home

A copy of your discharge letter (known as an IHDI) will be posted to your home address. A copy of this is electronically sent to your GP, informing him/her of your hospital stay and of any new/changes to your medications.

Tablets

If you are prescribed a course of antibiotics to prevent or treat infection, it is important that you complete the course and avoid drinking alcohol until the tablets have finished.

If you require pain relief, Paracetamol is usually sufficient. If you require anything stronger please consult your GP.

If you are on blood thinning medication that was stopped prior to your operation, please discuss with your surgeon when it is safe to restart them.

What to expect from your wound and dressings

If you require wound care follow up, you will usually be given an appointment to return to the Plastic Surgery Dressing Clinic at the Royal Preston Hospital. However, following some operations you may be asked to attend your local GP practice nurse. You will need to arrange this appointment yourself. You will require dressings until your wound has healed.

Stitches are usually removed within 2 weeks of your operation. Stitches to the face are removed after 1 week. Sometimes dissolvable stitches are used that do not need to be removed.

You will experience some swelling around the site of your operation; elevating the affected area may relieve this.

If your operation was on your:

- **Head or face** - you should sleep with an extra pillow
- **Leg or foot** - you should elevate your leg on a footstool or sofa whilst sitting and should keep your leg on a pillow in bed
- **Arm or hand** – you may be given a sling to elevate your arm. You may remove the sling when sitting and elevate the arm on 2 pillows on the arm of the settee or chair. At night you should sleep with your arm on a pillow
- Please keep your dressings dry and do not remove your dressings unless instructed to do so
- Avoid touching your wound as this could cause an infection
- Please do not smoke as smoking can significantly impair wound healing. We can refer or give you information regarding Quit-Squad to assist you with this if required

It is normal to have some swelling, bruising and tenderness around your wound following the operation. However, if you suffer from any of the following symptoms after your discharge from hospital you should contact ward 4 or the dressing's clinic for advice:

- Persistent or increasing levels of pain
- Fever
- Redness or excessive swelling around the wound
- A feeling of heat or burning in the wound
- Leaking or a feeling of wetness around your wound

Outpatients Appointment

If you require a follow up appointment, you will receive notification of your appointment in the outpatient department. This is usually within 4-12 weeks of your operation.

Occasionally, outpatient appointments are conducted via the telephone without the need to attend the hospital.

Please refrain from contacting the hospital to obtain test results. An appointment will be arranged for you once your results are available and have been reviewed by your consultant.

Scars

All operations will leave a permanent, visible scar. Scars tend to improve over a period of 18 months following surgery. However, some people can develop raised, red or lumpy scars.

Once the wound has healed, you may be able to improve the appearance of your scar by massaging it quite firmly using an unperfumed moisturising cream.

Scar tissue is more sensitive to the sun. Avoid exposing your scar to the sun for at least 12 months following surgery. During future sun exposure, you should cover the scar with a high factor sun block (at least factor 30).

Returning to normal activities

You should not drive until you can wear a seat belt comfortably and feel able to perform an emergency stop. Your insurance company can refuse to meet a claim if they feel you have driven too soon. It is advisable to contact your insurance company with regards to cover following surgery.

If required, you will receive a doctor's certificate (fit note) a fit note may be given to ensure you are fit to return to work before you go home. Your GP should provide you with additional certificates if required.

Please ask the surgeon or nurse to advise you when you can resume work, exercise or sporting activities. When you do resume sporting activities, you should stop if you experience pain or discomfort during the activity.

Contact details

Should you require further advice or information please contact:

Ward 4: 01772 522244

Plastic Surgery Dressing Clinic: 01772 523542

Sources of further information

www.lancsteachinghospitals.nhs.uk
www.nhs.uk
www.patient.co.uk
www.accessable.co.uk

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:
આ માહિતીને સમજવામાં સહાયતા જોઇતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણ માં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:
Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi."

Polish:
Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:
ਜੇ ਤੁਸੀ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਚਿ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਚਿ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:
پوچھیے۔یہ معلومات دوسری ضرورت ہے تو برائے مہربانی سمجھنے کے لیے مدد کی اگر آپ کو یہ معلومات بھی دستیاب ہو سکتی ہے زبانوں اور بڑی چھپائی میں

Arabic:
بـأحرف مطبوعةٌ المعلومـات هذه توفـير يمكـن .تطلـب أن يُرجى المعلومـات هذه فهـم فـي مساعدةً تريـد كنتَ إذا أخرى وبلغـات كبـيرة

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