



Information for
patients and
carers

Your Guide to Wound Care

Name.....

Procedure.....

Consultant.....

Ward.....

Ward Telephone.....

District Nurse / Practice Nurse.....

Your sutures

Do your sutures need removing? Yes / No / N/A

Do you have clips or staples? Clips / Staples

Are your sutures absorbable? Yes / No

In general, if your sutures are absorbable, they should start to break down within four weeks. Some may take six months to disappear completely.

Are steri-strips in place? Yes / No

In general your steri-strips or glue should fall away from the wound when they are ready, and the wound is closed.

Your dressing

You can remove your dressing after your surgery. Or ask your District Nurse (if applicable) or Practice Nurse to remove them for you.

Bathing and showering

Please refrain from bathing or showering for after surgery. This allows time for the wound to begin to heal itself.

After that, you can bath or shower as normal.

Signs of inflammation / infection

Please observe for the following symptoms after discharge:

1. Redness; this may occur around the wound. It may also become hard to touch
2. Heat – the wound feels warm to touch and there is excess swelling
3. Generally feeling unwell, temperature and/or lethargic
4. Pus; you may develop a discharge from the wound
5. Pain; this is due to swelling pressing on nerve endings

If you have any concerns or worries please contact the ward or your GP.

Contact details

Out of hours please call NHS direct 111 or visit www.nhs.uk

You can also visit your local walk in centre for advice if you are unable to see your GP or practice nurse.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

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

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

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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 જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં 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 ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਯਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دوسری زبانوں اور بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو
یہی چھپا جسے ابی دست ہو یسکت ہے براے مہر یبان پو ری چھدی۔ معلومات

Arabic:

مطبوعه بأحرف كبيرة وبلغات إذا كنت تريد مساعدة في فهم هذه لمعلومات يُرجى أن تطلب
أخرى يمكن تو فير هذه المعلومات

Department: Sellers Ward

Division: Surgery

Production date: May 2021

Review date: May 2024

JR633 v1