

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.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

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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 this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team. If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolve@LTHTR.nhs.uk

Department: Sellers Ward

Division: Surgery

Production date: July 2025

Review date: July 2028

JR 1322 v1