

Skin Surgery – Wound Care Advice

- Once the local anaesthetic has worn off, you may find that there is mild pain or discomfort. This is usually relieved by taking paracetamol.
- If there is any bleeding press firmly on the wound using a clean cotton handkerchief or clean hand towel for 10 to 20 minutes. Do not remove the dressing. If the bleeding does not settle telephone our clinic.
- Keep the wound dry for 48 hours and then remove any dressings. The wound should then be washed on a daily basis to keep it clean and to gently remove any loose scab or crust.
- Cosmetics must not be applied over a wound.
- You can bathe/shower once the dressing has been taken off but do not soak the wound for a long period of time. It should be patted dry.
- Vaseline (use a new pot) should be applied to the wound twice a day to keep it moist and encourage good healing.
- If the wound becomes increasingly red and painful or discharges pus it is probably infected. Please telephone our clinic as you may need antibiotics.
- Avoid excess strain over the wound while the stitches are in place and for two weeks following suture removal. If your wound opens please telephone our clinic immediately.
- You will be given an appointment if there are any sutures for removal or if the wound is to be reviewed:
 - **Date of review -**
 - **Place of review -**
- On occasions, skin surgery can result in the development of a large scar (sometimes called a keloid scar). If you do develop a scar that starts to thicken / enlarge, massage the area using Vaseline for a few minutes a day. If it continues to enlarge applying silicon gel twice a day for three months may reduce the size of your scar. Silicon can be purchased from a pharmacy or you can get a prescription from your GP.
- If you have any concerns please contact our clinic on