

## Department of Dermatology

### After Skin Surgical Procedure Advice to Patients

Queen Margaret Hospital, Dunfermline  
Victoria Hospital, Kirkcaldy



01383 627015  
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If you have had sutures these need to be removed on .....

Please telephone the Practice Nurse at your General Practitioner's surgery to make an appointment for this.

#### **Local anaesthetic and pain relief**

The effects of the local anaesthetic you were given will wear off in 1 to 2 hours and you may experience pain or throbbing. We recommend simple Paracetamol 2 x 500mg tablets for pain relief as soon as possible, up to eight per day. Avoid taking Aspirin, Diclofenac, Naproxen or Ibuprofen unless already being taken for another condition, as these can encourage bleeding.

#### **How to care for your wound**

Please keep the wound dry and covered with a dressing for 2 days. After 2 days remove the dressing and gently cleanse the wound with water using a wet cotton bud to remove any dried blood or crust. After 2 days the wound should be left open without a dressing and can get wet in a short bath or shower. Using a newly opened tube or pot, apply a Vaseline-type ointment 3-6 times daily to the wound to prevent a scab forming. If your wound has been closed with steristrips, leave the dressing on and keep clean and dry until they are removed.

#### **What to avoid**

Avoid swimming, heavy lifting and sports while your stitches are in, and also for a few weeks after suture removal as the skin surrounding your wound site will take 6 to 8 weeks to regain its strength again. Over-exercising in some cases could cause stretching of the wound site and more noticeable scars. Avoidance of smoking will improve healing.

#### **What to do if there are problems with the wound**

If the wound bleeds, do not remove the dressing, but press with a clean tissue or swab constantly for 10 minutes. This should stop the bleeding. If not, please telephone your own General Practitioner, NHS 24 (telephone: 111) or your local Accident and Emergency Department, or if during normal working hours, the hospital.

If after 2 days the wound is becoming increasingly red, painful or discharging pus, this may indicate infection. Please telephone the hospital or arrange to see your General Practitioner.

#### **Results**

The results of your biopsy will be sent to you or your General Practitioner, and can take up to 4 - 8 weeks. If further treatment or clinic review is required you will be contacted by your consultant.