

Plastic (skin) Surgery

Some advice to help you to recover
comfortably at home



Bathing and showering.

- You may have a bath or shower the day following your surgery.
- Please avoid getting any shower gel or shampoo in your wound.
- Gently dry the area and apply clean, soft white petroleum jelly (Vaseline) to your wound with a cotton bud or clean tissue.
- You may continue to do this after your stitches have been removed to help with the appearance of any scarring that may occur.

Wound Healing.

You should seek advice from your own GP if:

- The amount of pain in your wound increases.
- The amount of redness and/or swelling increases.
- You notice any unpleasant discharge.

Pain Relief. If you have not been prescribed any painkillers on discharge, you may take paracetamol 1g up to four times a day as required.

For your named nurse to complete before your discharge from hospital.

Stitches.

You have stitches that will dissolve/will need removing in days,

at

Dressings.

You have a

dressing on your wound.

This should be changed/removed in Days.

You may do this yourself/you should make an appointment with your GP Practice Nurse.

Should you develop any complications following your discharge please contact:

- **SSS office -01934 881334**
- **NHS Direct – 111 (For advice out of hours)**
- **Your own General Practitioner by appointment.**

Help us prevent the spread of infection in hospital.

Please make sure your hands are clean.
Wash and dry them thoroughly and/or use
the gel provided.

**If you have been unwell in the last 48
hours please consider whether your
visit is essential.**



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