

## Plastic Surgery

# General Wound Discharge Advice

### About this leaflet

You will be given verbal advice before leaving hospital to hopefully prevent any complications after your surgery.

### The following often occur and are normal:

- A sensation such as tingling, itch, numbness or sharp pain are common and will settle given time.
- Slight pulling around your stitches as the wound heals.
- Bruising around the site of the wound.

### The stitches

Your surgical wound will have been closed in one of three ways:

- Stitches** - These will be removed  
by \_\_\_\_\_  
on at \_\_\_\_\_
- Dissolvable stitches** - these will dissolve over time (approx 2-3 weeks), for some people may take longer and will not need to be removed.  
Please note the stitches that you can see, will eventually wipe away as you wash the skin.
- Steri-strips** - these are strips of adhesive tape. They will fall off of their own accord.
- Wounds that have been left open** - These wounds heal well, bathe regularly and re dress as advised.
- Dressings** - \_\_\_\_\_  
\_\_\_\_\_

## The Dressing

- You will have some kind of dressing on your wound immediately after your operation. This is to help prevent infection.
- Please keep your wound clean and dry for at least 48hrs, unless told otherwise.
- If you experience any inflammation, excessive pain, swelling, offensive odour and/or leakage from your wound, please contact the ward, you may have an infection.
- If you experience any pain, this can be relieved by taking a simple painkiller. Always read the instructions on the medication you are taking.
- Please ensure you complete the full course of antibiotics if you are prescribed them.
- The ward staff will be pleased to offer advice or answer any queries you may have.
- If you are at all concerned, please contact the telephone number below BEFORE contacting your G.P. for advice.

## Local anaesthetic, which means you are awake during surgery

A local anaesthetic can last up to a couple of hours before it begins to wear off. There are no restrictions to driving or flying after a local anaesthetic, however, please note that if you have a dressing in place that restricts your vision or restricts movement to your arm/leg, you may be advised not to drive back home, and you may need to check with your insurance going forward.

## General anaesthetic, which means you are asleep during surgery

The effects of general anaesthetic can stay in your system for up to 48 hours. It can make you feel lightheaded and tired. You may also feel nauseas which can lead to vomiting. It's important you have a responsible adult with you for the first 24 hours and you should not do the following for 48 hours :

- Drive a car, bicycle or any form of motorised transport.
- Drink alcohol or smoke
- Operate machinery or electrical appliances.
- Make any important decisions or sign any legal documents.
- Make yourself inaccessible to the person looking after you i.e. locking bathroom door
- Eat heavy or greasy meals which could result in nausea.

It is important to rest, eat light meals and drink plenty of water.

**If you experience any problems with your wound or dressing please contact:**

Plastic Nurse Specialist - Jenny Green

Monday - Friday Tel: 07385416169

or

for Urgent out of hours and weekends go to A&E at Huddersfield or Halifax

**If you have any comments about this leaflet or the service you have received you can contact :**

Matron, Day Surgery Unit, Huddersfield Royal Infirmary

Telephone No: (01484) 342111

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"