

## Department of Plastic and Reconstructive surgery

# Minor outpatients surgery

**Date of operation**

**Name of operation**

**Details of dressings**

### Instructions

- Keep clean and dry for  days
- Leave dressings in tact until stitches are removed
- Avoid stooping over for 48 hours
- Keep hand elevated as much as possible

**Removal of**

**stitches by:**

the nurse at the GPs surgery

staff in clinic 7 on: **date:**  
**time:**

**An outpatients appointment for**  **has been arranged.**

**An outpatients appointment will be sent to you by post.**

### Pain

- You may experience some discomfort after the local anaesthetic has worn off.

### Pain relief

- Paracetamol – two tablets may be taken four times a day if required.

## You should seek help if

- Pain persists even with pain killers
- Redness around the wound
- Raised temperature
- Feel generally unwell

## Contact numbers

- 01223 216098 Clinic 7 between 0800-1800 Monday-Friday
- 01223 216092 Clinic 7 answer phone
- 01223 217196 Ward D4 Plastic surgery ward evenings and weekends

Please take this information with you to the practice nurse.

This document is also available in other languages, large print and audio format upon request – 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

本文件也可應要求，製作成其他語文或特大字體版本，也可製作成錄音帶。

### Cantonese

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

### Gujarati

A richiesta questo documento è anche disponibile in altre lingue, a caratteri grandi e in formato audio.

### Italian

ئەم بەلگەییە ھەرۆھە بە زمانەکانی کە، بە چاپی درشت و بە شریتی تەسجیل دەس دەکەوێت

### Kurdish

درخواست پر یہ دستاویز دیگر زبانوں میں، بڑے حروف کی چھپائی اور سننے والے ذرائع پر بھی میسر ہے۔

### Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.

For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0169

## Document History

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Contact number	01223 216098
Published	March 2006
Review date	March 2008
File name	Plasticsgeneralinfo.doc
Version number	1
Ref	PIN 1041