

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Department of Plastic and Reconstructive Surgery Ward L5

Patient Discharge Information Groin dissection

Document history

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Discharge information

You will be discharged from hospital approximately 5-10 days after your operation.

Prior to discharge your dressings will be renewed. You may be asked to attend the plastics dressing clinic for a wound review one week after discharge. If you require your dressings to be changed prior to this appointment you should see your practice nurse.

You may shower upon discharge unless instructed otherwise by your consultant. Refrain from directing the water onto your wounds, and only pat dry with a towel.

An appointment will be sent to you in the post to attend the Outpatients Department in six weeks to see your consultant or a member of his team. At this meeting your pathology results will be discussed. Any further treatment, if required, will be explained to you at this visit.

If there are signs of a seroma (a collection of fluid that sometimes develops in the body after surgery), it is important that you contact the ward directly. You may need to be seen either on the ward or in clinic by a doctor, as this may require draining. Signs of seroma include swelling, tightness, and possibly leaking of fluid from the wound site.

Depending on your type of work, it is recommended you have approximately four to six weeks off work. The ward can issue you with a sick certificate upon request, or you can get one from your GP.

Discharge advice

Pain relief – Some discomfort after surgery is to be expected. You may have been given pain killers on discharge. Continue taking these as instructed on the packet. If you did not receive pain killers on discharge, it may be because you did not require any at that time. If you do subsequently require pain relief paracetamol is advised.

Driving – You should avoid driving for four to six weeks. You should check with your insurance company to confirm your insurance remains valid.

Household chores – You are advised to refrain from any heavy pulling and pushing, from such activities as vacuuming, pushing shopping trolleys, and hanging out washing. These activities need to be re-introduced gradually.

Complications

It is important for you to be aware of the signs and symptoms of wound infection. These may include

- Redness
- Swelling
- Fever
- Wound discharge
- Pain that is not relieved by your normal pain killers or gets steadily worse.

If any of these symptoms occur, contact your GP or Ward L5 on **01223 348503** for advice. If an infection does occur antibiotics may be prescribed.