
Department of Plastic and Reconstructive surgery

Minor outpatients surgery

Date of operation:

Name of operation:

Details of dressings:

Instructions

- Keep your wound 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.
- If the wound bleeds, apply gentle pressure for five minutes.

**Removal of _____
stitches by:**

- The nurse at your GPs surgery
- Staff in clinic 7 on: **date:** _____
- Plastics admissions unit ATC level 3 **time:** _____

An outpatients appointment for _____ will be arranged.

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.
- Your usual pain relief tablet, unless they contain aspirin, to be taken as directed.
- If you have any questions about appropriate pain relief, please contact your GP, clinic 7 or ward M5 on the numbers below.

You should seek help if

- Pain persists even with pain killers.
- You have redness around the wound.
- You have a raised temperature.
- You feel generally unwell.
- You have excessive swelling around the site of your operation.
- You have persistent bleeding.

Contact numbers

- 01223 216098 Clinic 7 between 09:00 until 17:00, Monday to Friday
- 01223 348525 Ward M5, plastic surgery ward, evenings and weekend
- 01223 348509 Plastics Admissions Unit 07:30 until 18:00



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

Help with this leaflet:



If you would like this information in another language, large or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



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Document history

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