



POST-OP WOUND CARE ADVICE

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Post-Op Wound Care Advice

Following your minor operation, you may have a dressing over stitches/steristrips, as appropriate. Please keep the dressing clean and dry. When washing/showering, cover your dressing with a plastic bag/cling film, etc. Do not immerse it in water.

Do not remove your dressing if there is a lot of soakage. If you have severe pain or are worried about your operation, please see the Practice Nurse. Please return for redressing/ removal of stitches etc., as advised.

When the local anaesthetic wears off, you may feel some discomfort. Simple painkillers (e.g. Paracetamol) should be sufficient. Please avoid taking Aspirin or Ibuprofen for pain.

All scars as they heal can become red and raised. These tips are to help minimise the effects of these normal events:

- A week after removal of your stitches the scar can be massaged with a bland moisturising cream such as E45 or Nivea cream. You should massage gently at first but then build up to a firm pressure.
- Massaging should be done twice a day and may be necessary for several months until the scar begins to settle. The purpose of this massage is to try and speed up the normal healing process.
- Scars can become red when exposed to the sun, even in this country! Please cover them with total sun block.