

## Aftercare

The nurse in dressing clinic will inform you when your wound/s is/ are completely healed. Once completely healed you can begin to wash the areas with a mild non-perfumed soap and pat dry with a clean towel. You will be shown how to massage the area twice a day with a moisturising cream. Avoid wearing tight clothing that may rub against the wound.

Be aware that the colour of your healing skin graft may change depending on the time of year; some patients have noticed that the area/s may be pink in the summer and purple in the winter.

### This is normal and you should not worry

Keep your healed area out of the sun  
or apply a total sun block for at least the next 2 summers  
as newly healed skin burns very easily in hot sun.

Please feel free to contact the Burns Unit for advice.

Contact details: 0151 430 1540

If you wish to discuss your treatment with a Physiotherapist or Occupational Therapist contact 0151 426 2243

Whiston Hospital  
Warrington Road,  
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# How to care for your donor site/s following discharge

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## Dressings

- If you have a dressing on your wound/s please keep this clean, dry and undisturbed until your next dressing appointment/visit from the Community Nurse
- Please ensure hands are cleaned thoroughly if you or someone else needs to touch your wound at any time
- If necessary, please take your painkillers at least 45 minutes before your appointment/visit from the Community Nurse to help your pain relief during a change of dressing
- If you have been given antibiotics to take please finish the course

## Appointments

- Before you go to the Dressing Clinic an appointment will be arranged for you as necessary for either a treatment room visit or a community nurse visit
- You will be given some spare dressings further can be prescribed by your GP should they be required.

## Contacts

- The correct contact phone numbers will be given at your discharge and can be found on the last page of this leaflet
- Out of hours community nurse contact numbers for your area can be obtained from your GP surgery

## Exercises

If you have been given exercises it is **very important** that you continue to do them as you were shown.

## Problems

- Please contact the ward that you were admitted to if you have any of the following:
- Very swollen area **around your donor site/s**
- Pain that is not relieved by taking your pain killers
- Pins and needles or numbness **in the area where your donor site/s is/are**
- Bleeding that will not stop after applying gentle pressure
- Any redness which feels hot to the touch and goes past the end of the dressing
- You feel generally unwell
- Have a green/brown smelly discharge coming through the dressing
- The dressing falls off
- You feel that the donor site is not healing well

## Dressing Clinic

You will be given an appointment to attend dressing clinic.

**It is very important that you keep this appointment**

Please contact the clinic straight away on **0151 430 1540** if you will not be able to keep your appointment.

If an ambulance has been arranged for you to return to the dressing clinic, **please be ready at least 2-3 hours before** your appointment time. This is because ambulances sometimes collect patients early and cannot wait for you to get ready.