

## Other useful organisations

<http://www.patient.co.uk/>

<http://www.nhsdirect.nhs.uk/index.asp>

### Sanderson Suite

01744 646089/646098

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

 /sthknhs  @sthk.nhs  
[www.sthk.nhs.uk](http://www.sthk.nhs.uk)



St Helens and Knowsley  
Teaching Hospitals  
NHS Trust

# Discharge information for plastic surgery day case patients

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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## Discharge Information

### Only those boxes ticked are applicable to you

- Your wound may become painful or tender when you return home. If you are in pain, you may take your normal painkillers as directed on the bottle, or by your GP. Do not exceed the stated dose.
- Ensure that you keep your wound clean and dry.
- Do not remove your dressing or bandages until you return to dressing clinic, unless you have been instructed to do so.
- Your wound may appear to bleed following surgery. This can be quite normal as the blood supply returns to normal after an anaesthetic. If bleeding does occur, apply 10 minutes of firm continuous pressure with a clean handkerchief or gauze swab directly to the affected area. If bleeding continues, contact the hospital using the contact numbers supplied.
- If you have had surgery to an arm, be sure to elevate your arm as much as possible, resting your arm on a pillow will help until your next appointment.
- If you have had surgery to your leg, be sure to rest your leg by elevating it on a stool as much as possible until your next appointment. Your heel must be free of pressure wherever possible and you should avoid standing still for long periods of time.
- Do not do any sports or heavy work until the doctor agrees.
- If you have had any oral surgery, be sure to use a mouth wash at regular intervals. It is important to do this after each meal and before you go to bed.

## Contact Numbers

### Sanderson Suite – St. Helens

Monday to Saturday 8:00am to 8:00pm  
01744 646089 / 646098

### PDSU (Plastic Day Surgery Unit) – St. Helens

Monday to Friday 8:00am to 6pm  
01744 646428 / 646427

### Ward 3A - Whiston

24 hours day  
0151 430 1520

### Plastics Dressing Clinic

Monday to Friday 10:30am to 4:00pm  
0151 430 1285

### Holbrook Unit – Whiston

Monday to Friday 8:00am – 5pm  
0151 430 2201

Your Consultant is \_\_\_\_\_

Your appointment to attend the follow-up clinic is in

\_\_\_\_\_

You will receive the appointment letter in the post.

If you do not receive any correspondence with regards to your appointment then please contact Sanderson Suite reception on 01744 646087 or 646085

### Only those boxes ticked are applicable to you

- If the doctors have prescribed you any new medications, please take as directed on the label.
- If you have had any surgery on your face, and especially near your eyes, sit up as much as possible as this will reduce any swelling. Avoid pulling tight clothing over your head; this may encourage your wound to bleed. Avoid bending down with your head 'drooped'; this will encourage the wound to bleed.
- If you have had surgery to make your arm/hand/finger(s) go numb, be sure to check that your arm/hand/finger(s) returns to normal feeling, colour and temperature after.....hours. If normal sensation does not return, do not hesitate to contact the hospital for further advice.
- Your skin may appear white around the area that you have been operated on. This is due to the local anaesthetic and should return to normal in approximately 2-4 hours.
- If you are taking any anticoagulants i.e. Warfarin, Clopidogrel, Aspirin recommence on..... as instructed by your surgeon.
- You have a skin graft donor site that has been dressed with TELFA. This is a perforated clear plastic film resembling bread wrap. It is very important that this is left in place until the wound has healed. When the wound has healed, the dressing will fall off itself, but this may take several weeks. Outer dressings may be changed as necessary, and loose Telfa may be trimmed, but please do not try to remove the Telfa that is adhered to the skin. Failure to follow this advice may lead to a very prolonged healing process. In the unlikely event of problems with this donor site, such as bleeding or infection, the TELFA will cease to adhere to the site and simply fall off.

If you notice any redness, inflammation or heat on the good tissue surrounding your wound, a yellow/green discharge, a sudden onset of pain which is unusual to how it has been or you feel that your general condition has deteriorated in any way, please do not hesitate to contact your GP/Out of hours GP/Walk-in for further advice.

### Care of wound after removal of stitches

- Please wait 2 weeks after your stitches have been removed before massaging the wound
- Make sure the wound is completely healed, i.e. the wound is closed and there is no sign of infection or swelling around the area
- Use an unperfumed moisturiser
- Always wash your hands before massaging
- Place a small amount of moisturiser on the tip of one finger and massage down the length of the scar and not across
- Massage the area twice a day for a few minutes for the next 12 to 24 weeks. (Wash the last moisturiser off before reapplying)
- Keep the scar out of the sun by covering with sunblock cream for the next 2-3 years

There is no standard amount of time before it is safe for your return to driving. You need to be sure that your wounds will not cause you any distraction, that you have the strength, range of movement and be free of pain to ensure you are in control of your car. This includes being able to control the car in the eventuality of an emergency stop. It is advisable to discuss your surgery with your insurance company prior to recommencing driving.

### Your Post-Op Appointments

Plastics Dressing Clinic appointment will be:

\_\_\_\_\_ at \_\_\_\_\_

Please ring **0151 430 1285** after 10.30am for your appointment date.

Or

Treatment Room appointment will be:

In \_\_\_\_\_

On \_\_\_\_\_

Please ring \_\_\_\_\_ for the appointment for removal of stitches or wound check at the Treatment Room for the above date.