

**Information sheet: POST-OPERATIVE WOUND CARE**

**Following your recent surgery it is important to adhere to the following wound care guidelines to achieve the optimal clinical and cosmetic results:**

1. Keep your wound dry for 48 hours following your surgery
2. After 48 hours the large outer dressing can be removed and you can shower.
3. Do not have a bath for the first 2 weeks after surgery as it can lead to poor wound healing
4. Leave the steri-strips in place until they start to fall off (after 7-10 days)
5. Do not apply any cream or lotion to the wound without my agreement

**Things to look out for**

**Swelling:** As with all operations there is a small risk of tissue fluid or blood accumulating deep to the wound. If this becomes very large or painful then please seek medical advice.

**Redness:** As with all operations there is a small risk of infection in the wound following surgery. If you notice that the area around the wound is becoming red, and/or you feel hot or feverish, please seek medical advice as you may have a wound infection.

**Contact details:**

0900-1700    01223 370933 (Rachael Jones, secretary to Prof. GC Wishart)

1700-0900    01223 370920 (Cambridge Nuffield Hospital nurses station)