



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Patient Information

Post-Surgical Procedure

Dermatology

Patient Sticker

Dr / Nurse _____

performed your biopsy/minor surgery procedure today. The procedure performed was:-

To assure your safe and complete recovery, please follow these instructions:-

- The local anaesthetic will wear off in a few hours.
- If you have pain, take **PARACETAMOL** not aspirin
- If the wound starts to bleed firmly press over the dressing with a clean cloth for 10 whole minutes. If the bleeding does not stop contact the Dermatology Department.
- The wound may be tender for the first few days, and there may be some swelling and bruising. This is normal. If the wound becomes more painful over the first few days, contact the Dermatology Department.
- Rest

- If your dressing falls off, in the first 48 hrs, put a new dressing on or keep the wound clean and dry.
- If you have a pressure dressing keep this in place for at least 24 hours.
- After 48 hours you may remove all dressings.
- If there is any weeping or discharge from your wound contact the Dermatology Ward.
- If you were asked to stop any drugs such as aspirin or warfarin these can be restarted the day after your operation.
- If you smoke try to reduce the quantity at least for the first week after surgery to enhance wound healing.
- If you have had surgery to a lower limb we would advise you to wear flat comfortable shoes and elevate your leg as much as possible over the first few days.
- If you have been advised to apply clean Vaseline to the wound, place a liberal amount over the stitches with a cotton bud once or twice a day until the stitches are removed.
- You may shower or bathe the area after 48 hours.
- Please arrange for the practice or community nurse to remove your sutures in ____ days.

If you have any concerns about your wound contact the Dermatology Ward on telephone number:- 01633 – 234646

These instructions were explained to me by:- (print name)

Signature:-

Date:-

“This document is available in Welsh / Mae’r ddogfen hon ar gael yn Gymraeg”.