

Guidelines on how to care for your wound

The area where your surgery has been performed is sensitive so your input regarding basic skin care is important to its recovery.

- If you need to take painkillers, avoid tablets which contain Aspirin. If you are in any doubt, your pharmacist can advise you.
- If you take either Aspirin or warfarin on a regular basis, check with the doctor who has performed the surgery when it is advisable to resume taking it.
- Curtail your alcohol intake to an absolute minimum over the next 48 hours.
- Remove the dressing after 24 hours.
- Gently wash or shower avoiding the use of perfumed soap or bubble bath. Dry the skin using a clean, soft towel. It is important to keep the wound clean.
- If you feel the wound is being rubbed by clothes, apply a strip dressing e.g. an Elastoplast, to the area to avoid chaffing, changing this on a daily basis following your bath or shower.

- If the area operated on is the lower leg, it is advisable to:
 - a. avoid standing for lengthy periods, and
 - b. when sitting, raise your leg above the level of your hip (if possible).
- If the area operated on is subject to bending or stretching, it is advisable to avoid heavy lifting, aerobics, swimming etc while the stitches are in place and for a further 2-3 weeks after their removal to allow healing to take place.

DO NOT put excess strain on the area.

- Have your stitches removed as instructed.

Date:

Number:

If you have any concerns regarding the care and management of your wound or if you would like some extra advice or guidance, please do not hesitate to contact us.

Our nursing staff will be pleased to help you with any queries you may have.

Please contact the relevant hospital and ask for the Outpatients Department.

email: info@northerntrust.hscni.net

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