

Dr Tharakaram: Wound Care instructions

Now that you had your surgery please note its best to **avoid vigorous physical exercise including swimming, running for at least 2 weeks**. The local anaesthetic pain wears off in about 2 hours , if painful please take paracetamol, avoid aspirin, NSAIDS. There maybe an element of bruising, and if surgery is close to the eye there maybe a black eye. Time is the great healer with wounds and a wound which looks messy immediately after surgery should have healed fully well in 6-12 months with a good outcome.

Please **keep the wound clean dry for 48 hrs**; the wound should not get wet for 48 hrs. Most dressings are shower proof so best to avoid a bath. **Remove the dressing in 48 hrs and let it air dry, apply Vaseline or savlon cream twice daily**. If you are not sure about removing dressings then please contact the Nuffield Hospital outpatients 01892 531111 Ext 2215. Nurses would be happy to do it for you there maybe a charge in which case you may request your practice nurse.

At your follow up appointment in 7-14 days the pathology report if ready will be given, sutures removed and treatment plans if any discussed.

Please note if you notice significant pain, oozing,swelling, redness or discharge then kindly contact to see Dr Tharakaram ASAP via his **secretary 07562146782**; Dr Tharakaram can also be messaged on 07775575458. Or contact the Nuffield Hospital. On weekends you may elect to visit casualty or minor injuries.