



## Minor Surgery Post-operation advice for Patients

### What to do/expect after your Minor Surgery:

When the local anaesthetic wears off you may feel some soreness or discomfort. Mild pain will normally respond well to paracetamol. Do not take aspirin or tablets that contain aspirin unless you are already taking this for another condition in which case you should continue to do so as previously instructed.

You should keep the dressing on and the wound dry for at least 48 hours.

For the first 48 hours after surgery, relax and try to take it easy.

Avoid alcohol for 48 hours.

Vigorous exercise or heavy lifting could cause the wound to bleed so is best avoided for the first 48 hours.

The wound will take 2-3 weeks to heal completely.

You may see a small amount of blood through the dressing. This is normal. If however the bleeding continues apply firm pressure with a clean cloth directly over the dressing for about 10-15 minutes. If the bleeding still continues apply an ice pack for a further 10 minutes. A bag of peas or ice placed in a plastic bag wrapped in a clean cloth will help.

If bleeding continues contact the Surgery or Out of Hours (111) if the Surgery is closed.

Signs of infection: if this occurs the wound may look red and feel hot and tender. Please contact the Surgery if this happens and if necessary you will be given an appointment to be seen. Please do not turn up to the Surgery, ring first on (01962) 853599

### What else to expect:

Scarring: all surgery no matter how minor will produce a scar. Dr Vincent will have discussed with you prior to undertaking your operation what long term scarring you might expect. Initially the scar will appear red. It will then gradually fade to white. During the healing process it may be slightly raised and itchy. A good cosmetic result can be encouraged by massaging the scar daily with Vaseline.

Bruising: there may be a small amount of bruising which should resolve in 7-10 days

### Stitches:

If you have stitches these will need to be removed in 7-10 days time. An appointment for this to happen will be made with the Practice Nurse before you leave the Surgery today.

### Results:

Results of specimens taken can take up to 3 weeks to be sent to the Surgery. Dr Vincent will contact you if he needs to discuss your result with you. You will only be contacted if further action is needed. It is not necessary to contact your named GP.