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## AFTERCARE INSTRUCTIONS

### PURSE STRING CLOSURES

LEAVE DRESSING ON UNTIL REVIEW WITH OUR NURSE AT DAY 5 (approximately), there is no need to apply an island dressing (fabric or water resistant) under any circumstances – this ‘tape’ like dressing is sufficient and reduces the chance of infection.

You must not get the dressing wet at all until advised it’s safe to do so.

#### Exercise:

You should avoid heavy workouts/walking and sports/carrying heavy items like shopping bags for the first two weeks and then you can resume gentle exercise on week three.

#### Review and Suture removal:

You will be advised when to make an appointment with our nurse for wound check or suture removal at the time of the procedure - a review is typical around day 5 and suture removal is typically 3 weeks post excision.

From your review with our nurse you will be advised to apply twice daily Chlorsig eye ointment (we use this on surgical wounds as well) and typically at this point you only need to dress the wound if you wish to.

However do not wait for the wound to become grossly infected e.g. red and swollen with purulent discharge – if you have any concerns please our nurse for a review straight away, if out of hours attend your local GP

#### Pain:

It is normal to have a small amount of pain for up to 24 hrs after the operation. Paracetamol should be able to be control this normal/expected pain.

If the wound becomes increasingly painful, especially at rest or from the 3rd day after the operation, please contact us immediately as this is often the first sign of infection.



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#### Bleeding:

There may be a small amount of bleeding confined to the dressing this is NORMAL. Please do not disturb the dressing.

If the bleeding is excessive (completely soils or leaks from the dressing) or is persistent, apply pressure and seek medical input from our nurse or another medical professional if our of hours.

#### Scar care:

Once advised you can start to use a scar management gel – such as TRPRO+ gel (purchased from our clinic) or Strataderm gel (from any chemist).