

Wound care issues

Please contact your treatment room nurse or GP for advice should you experience any of the following:

- Excessive bleeding that does not stop after applying **firm** pressure for 10 minutes.
- Any redness on the skin which starts to spread outwards from the wound.
- Any wound fluid that is not blood or clear in colour which leaks from the wound site.

Sun protection

Scars are very sensitive to sunlight. Please cover your scar with clothing or use a very high factor sunscreen.

References/Further Reading

NHS Website

<https://www.nhs.uk/common-health-questions/accidents-first-aid-and-treatments/how-should-i-care-for-my-stitches/>

The British Skin Foundation website

<https://www.britishskinfoundation.org.uk/blog/the-benefits-of-scar-massage>



Nurse Led Minor Surgery Clinic

A guide for patients

Date:.....

Today you attended the Nurse Led Minor Surgery Clinic and had:

.....
.....
.....
.....under local anaesthetic.

- You should avoid strenuous activity until your wound has fully healed.
- Please keep any dressings dry and undisturbed for a minimum ofdays after the procedure.
- Should your dressing come off, please make sure you apply a new dressing as soon as possible with clean hands or seek advice from your treatment room nurse at the GP surgery.

Wound review

Please contact your GP surgery **ASAP** and make an appointment with the Treatment Room Nurse for.....(date) to have a wound review/ stitches removed (delete as appropriate).

Scar Massage

Massage and moisturisation are the most important factors in scar care. Carrying out scar massage can help improve the appearance of scars by helping them to soften, flatten and appear less red. This should only be carried out **once your skin is fully healed**.

- Using an un-perfumed moisturising cream or oil such as E45 cream or Baby Oil, massage the entire scar with firm pressure (this means enough pressure to turn the skin/scar white but not so hard it causes discomfort). Do this for 5-10 minutes twice per day until scar is soft and flat.
- Massage along the length of the scar in small circles using your thumb or two fingers. Go clockwise and anti-clockwise, then, work in a random manner all along the length of the scar.