

Minor Surgery / Laser

Aftercare Information

Laser Suite

OPD 4 / Area 4

Ground Floor

St. John's Hospital

1. Do I have stitches in the wound ?

Yes ☐ No ☐

2. When should the stitches be removed ?

Date ____ / ____ / ____

3. Who should remove stitches? - Practise Nurse / clinic

4. Is there a dressing over the wound

Yes ☐ Dressing applied _____
No ☐

5. If applicable, should the dressing be changed

Yes ☐ No ☐ N/A ☐

6. Who should change dressing

Self / Practise Nurse / OPD2

7. Can I wash the area

Yes ☐ When _____
No ☐

8. If applicable, avoid strenuous activity, excessive bending or heavy lifting until your stitches have been removed.

9. If applicable, avoid wearing cosmetics over treatment site for 10 - 14 days after your stitches are removed and wound is completely healed.

10. If bleeding occurs. Apply firm constant pressure for 5 -10 minutes. If symptoms persist please contact department for advice.

11. If applicable, avoid hot/warm food or fluids for _____ after surgery.

Discharge Plan

1. Follow-up review appointment will be posted to you _____

No follow-up required ☐

2. Discharge letter ☐

3. Take home dressing ☐ _____

4. Take home analgesics ☐

Your Consultant is _____

Your Doctor today is _____

For further advice please contact nursing staff on 01506 523527

Nurse in charge - Laura Newman

Clinic times:

Monday	8am - 12.30pm
Tuesday	9am - 5pm
Wednesday	9am - 5pm
Thursday	9am - 5pm
Friday	8am - 12.30pm

For emergency enquiries out of clinic hours,
please contact your G.P.