**ADVICE FOR PATIENTS FOLLOWING MINOR SURGERY**

* When the effects of the local anaesthetic injection wears off you may find the wound site sore. If so take some Paracetamol tablets (or whatever you normally take for pain relief. Avoid Aspirin-containing preparations.
* If bleeding occurs, rest the affected part and apply pressure to the wound. This will stop the bleeding but may take 10 minutes.
* Change the dressing if necessary. If bleeding persists or collects under the skin on the day of the operation contact Cranleigh Gardens Medical Centre to alert the surgical team and in the event that it does not stop out of hours, attend your local minor injuries centre.
* Keep the wound site dry for the first 48 hours if you are able. If it does become wet, don’t worry, dry it carefully. Do not use any make-up on the wound.
* Any dressing may be removed after 48 hours. It is not unusual for the dressing to be blood stained so do not worry.
* Avoid strenuous exercise (anything that will put extra strain on the affected area) for 2 weeks after the procedure, e.g. sports. Most day to day activities will be fine. For procedures on the head and neck try not to bend the head down for 48 hours. Special instructions may be given to you if you have surgery to the leg as this is sometimes slower to heal.

**Please make an appointment with your practice nurse for removal of stitches in ............... days**

**Total number of stitches to be removed is ……………**

* If you have deep stitches inserted, these will dissolve over months, but occasionally the knot may work its way to the surface of the skin, in which case they can be snipped off level with the skin surface.
* If you have had surgery to the lower leg, it is important to elevate the leg to a height level with the hip when sitting down. Although you may walk as normal, avoid standing still for long periods of time and keep your foot up when sitting down for 2 weeks.
* The doctor will write to you with the results to confirm the diagnosis and the complete removal of any skin lesions about 3 weeks after the procedure. Any follow up arrangement will be laid out in this letter if not arrange today.

Contact details – Dr Dillon’s Secretary – 01278 411802