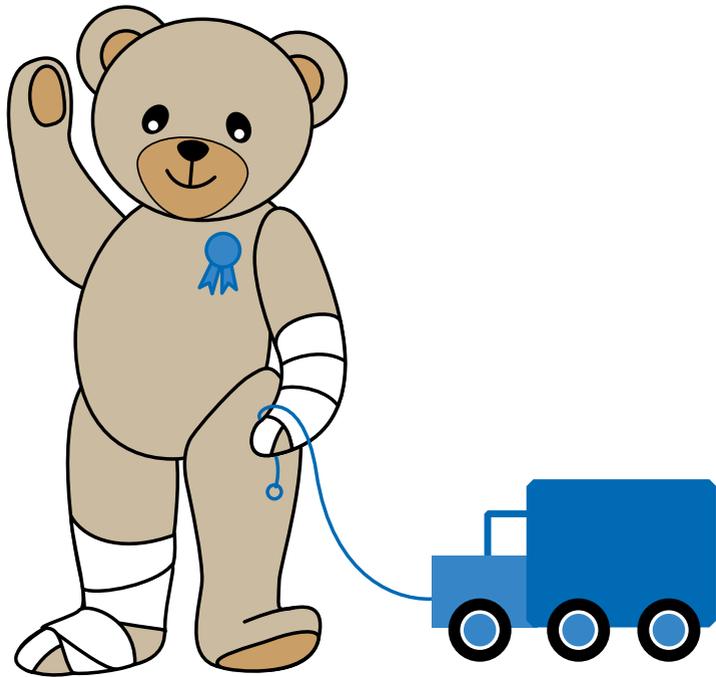


# Wound care

Paediatric Day Surgery Unit



Patient information leaflet



## What is a wound?

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Wounds are injuries that break the skin or other body tissues. They often happen because of an accident, but surgery and stitches can also cause wounds.

## How do I care for the Wound?

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Occasionally some bruising can occur but this should slowly fade within a few days. Once the wound has healed the scar will be visible, but it will fade over time.

## Dressing

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After surgery you will have a dressing on your wound. These do several things

- Protect your wound from germs
- Reduce the risk of infection
- Protect the area as it heals

The dressing can stay in place for up to 5 days – or as long as the Dr says. If your dressing needs to be changed you may be asked to contact your Practice Nurse. We will advise you of this.

## Stitches

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Children's stitches are usually dissolvable and do not need to be removed. They should start to dissolve with in one to three weeks. During this time you may see small pieces of the stitch material poking out of the healing wound, don't be tempted to pull these.

If the stitches cause your child pain or discomfort please contact your GP surgery for advice.

## Bathing

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The wound must be clean and dry for the first 3 or 4 days (or as long as your child's surgeon advises).

## General points to remember

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- If possible have showers not baths
- Don't use bathing products directly over the wound
- Dry the surrounding area carefully by gently patting the area, allow the wound to air dry
- Once the wound has healed gently rubbing petroleum jelly or a fragrance free moisturiser into the scar helps to reduce how noticeable it is.

## Will the surgery be painful?

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Some pain/discomfort maybe felt initially so give your child regular Paracetamol and Ibuprofen for pain relief according to their age. If your child needs anything stronger, this will be provided by the ward. Give regularly for the first 48 hours and then as necessary.

Next dose Paracetamol:

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Next dose Ibuprofen:

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## When can my child go back to School?

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- Depending on the type of surgery they have had, you will be advised how long to keep your child off school.
- They should avoid boisterous activities such as football or cycling during this time.
- Swimming should be avoided until the wound has completely healed.

## **What should I do if we experience any complications?**

If your child develops a temperature or if the wound becomes red, swollen, hot to touch or shows any oozing (other than a pale yellow fluid) then please contact your GP.

## **General Practitioner's (GP) letter**

A letter will be sent to your Child's GP giving brief details of your child's admission. You will be given a copy of this on discharge.

## **Will my child need a follow-up appointment?**

Your child may require a follow-up appointment. If this is necessary, you will be sent an appointment in the post.

## **Reference source**

- Medline Plus
- C Newlands Consultant RSCH





## Contact details

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If you require further advice, please do not hesitate to contact us.

### Day Surgery Unit

**Telephone:** 01483 406783 (Monday to Friday, 8am–8pm)

### Hascombe Children's Ward

**Telephone:** 01483 464071 (24 hours)

### Accident & Emergency

**Telephone:** 01483 464156 (24 hours)

If you are seriously concerned about your child, please take them to Accident & Emergency.

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## PALS and Advocacy contact details

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Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** rsc-tr.pals@nhs.net

**Opening hours:** 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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