



Welcome to Castle Medical Group

Practice nurses do not routinely check wounds after surgery.

For all post-surgical wound care, please refer to your patient information leaflet which will have been provided upon discharge following your procedure.





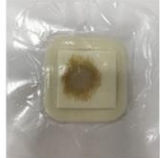


If you have any concerns regarding your wound and/or potential infection as listed in this leaflet, then please contact the practice to arrange a review with a clinician.

Dressing advice

Evidence shows that changing the dressing too frequently can increase the risk of infection and disturb the new tissue growth. It is therefore important to protect your dressing by keeping it dry, clean, and only changing in line with the advice from your healthcare professional.

As the dressing insitu absorbs, exudate will wick to the top of the dressing and discolouration will be noticeable.

Below is a table indicating when dressing changes are required with some of our most frequently used dressings.

Suprasorb® P sensitive	Tegaderm Foam	Softpore
 <p>No change</p>	 <p>No change</p>	 <p>Change</p>
 <p>No change</p>	 <p>No change</p>	
 <p>Change</p>	 <p>Change</p>	

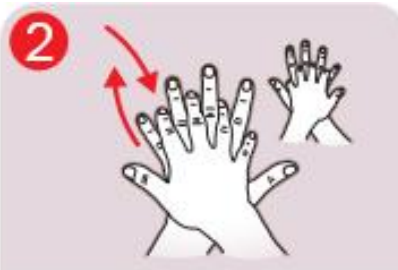
How to change your dressing

The main principles of wound care are to prevent infection and promote healing. The following is a basic guide to looking after your wound:

- Wash and dry hands thoroughly prior to dressing change, ensuring to use liquid soap, and rinsing and drying your hands thoroughly.



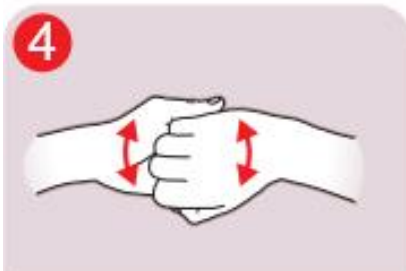
Rub hands palm to palm.



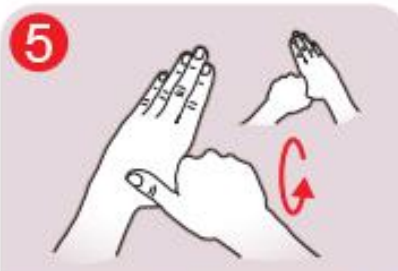
Right palm over the back of the other hand with interlaced fingers and vice versa.



Palm to palm with fingers interlaced.



Backs of fingers to opposing palms with fingers interlocked.



Rotational rubbing of left thumb clasped in right palm and vice versa.



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

- Carefully remove the 'old' dressing and discard.
- Cleanse the wound in warm tap water.
- Carefully dry around the wound – **do not touch the wound when drying, as fibres may get in and they will act as a focus for infection.**
- Inspect the wound for any signs of infection.
- Redress with a sterile dressing, sealing all edges.
- Wash and dry your hands thoroughly.
- If your wound requires a bandage this should be applied from joint to joint i.e., base of the toes to below the knee, wrist to elbow.

Signs of infection

A wound can easily become infected through many factors, i.e., not washing hands, touching the wound bed, or leaving dressings off. The wound care principles described earlier will help prevent infection.

When dressing the wound, look for the following signs of clinical infection:

- Redness spreading from the wound.
- Thick discharge/pus.
- Increased smell/offensive odour.
- More wound fluid leaking than there had been previously.
- Increased pain and tenderness in the area.
- Fever.
- No healing taking place (a cut should heal and scar within four weeks).
- Bleeding not associated with a 'stuck' dressing.
- Increased heat/swelling in the area.
*Typically wounds swell or redden slightly at the start of healing but should improve after several days.

If three or more of the above signs are present, the wound needs assessing by a healthcare professional.

Signs of wound healing

When you experience a wound on part of your body, it goes through specific wound healing stages. In general, smaller wounds heal more quickly, while large, deep wounds tend to take longer.

Initial swelling – Should last no longer than one week

You may notice a clear fluid coming from the wound, which helps to clean and disinfect the damaged skin. Redness, swelling, and tenderness may occur.

New tissue growth – Process normally lasts two - three weeks

After swelling subsides, new tissue should begin to form. You should see new skin forming over the wound and the exposed wound should shrink.

Scar formation

Deeper cuts, scrapes, and burns often result in scarring, which can last for several years. The initial scab is replaced by a scar, and you may notice that the new skin feels tougher and less elastic. Depending on the severity of the wound, the scar may gradually fade.