



## Advice on Wound Care following Surgery

You have been operated on by Dr ..... on (date) .....

Your sutures must be removed in ..... days.

Make an appointment with the district nurse (*distriktssköterska*) at your local healthcare centre (*vårdcentral*) to have your sutures removed.

### CARE:s

- We have applied an absorbent compression bandage that you must keep completely dry for two days. You must remove the outer compression bandage after these two days, but leave the brown paper tape closest to the sutures in place. Following that, you can shower as normal after another 2–3 days. Pat your wound thoroughly dry after showering.

If you should experience any pain, only use painkillers containing paracetamol (e.g., Alvedon or Panodil).

Important! For the first few days after your surgery, you should avoid pain-relieving medication that increases the likelihood of bleeding, such as ibuprofen and medications containing acetylsalicylic acid (e.g., Ipren, Magnecyl and Treo) as well as certain health food supplements (e.g., omega-3 fatty acid and cod liver oil capsules). On the other hand, if you are taking anticoagulant drugs ("blood thinners") prescribed by a doctor, you should continue taking these as usual.

It is unusual for a surgical wound to bleed. Nevertheless, if your wound should begin bleeding, sit down and press down firmly and continuously on the dressing for at least 15 minutes.

If you experience increased redness, a warm sensation and pain around your surgical site or significant bleeding (so that the outer dressing needs to be changed more than once), always contact the Department of Dermatology and Venereology. Mon–Fri tel.: +46 (0)31-342 38 74 During evenings and weekends/holidays, please contact your out-of-hours clinic if you need immediate help.

**PHYSICAL ACTIVITY:** You should avoid physical exertion for the next few weeks. You should not work up a sweat or stretch the skin around your surgical site due to the risk of infection or the wound re-opening.

You can move around as usual after..... days.

- Activities that put intense and sudden strain on surgical scars, especially those located on the arms, legs, back, or torso, are not appropriate during the first 2–3 months after your operation, since such strain can cause increased scarring.
- If it was your lower leg that was operated on, you should use a compression stocking during the daytime until your wound has healed.
- Avoid saunas and swimming pools until your wound has healed.
- If it was your face that was operated on, avoid work that requires you to keep your head bowed. It can be beneficial to place an extra pillow under your head at night-time.
- Be aware that bruising/swelling is likely to occur if your operation was performed in a delicate area, such as close to your eyes.

**ADVICE ON TAPING AFTER SUTURE REMOVAL:** To ensure your scar is as inconspicuous as possible, we recommend taping using Micropore® tape for as long as possible, preferably for six months. You should change the tape about once a week. If the tape irritates the surgical site, stop using it. Don't expose your scar to tanning for the next year to avoid pigmentation. Your scar may appear red for approximately one year.

**RESULTS OF MICROSCOPIC EXAMINATION:** Skin lesions removed during surgery will be sent for analysis using microscopic examination. We usually receive the results within 6–8 weeks. We will inform you of these results either at your follow-up appointment, or via letter or phone, as agreed upon with your doctor.



**Message for the district nurse**

**MEDDELANDE TILL DISTRIKTSSJUKSKÖTERSKA**

Ordinerande läkare: .....

Operationsdatum ..... Suturerna bör tas om ..... dagar.

Tacksam för hjälp med suturtagning. Nedan har vi markerat den typ av suturer som har använts för denna patient. Vid problem med sår eller suturtagning är du välkommen att kontakta oss, tel. **031-342 38 74**.

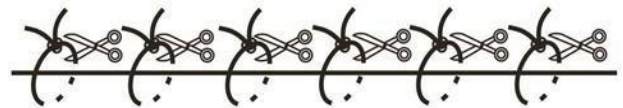
Personnummer

Namn

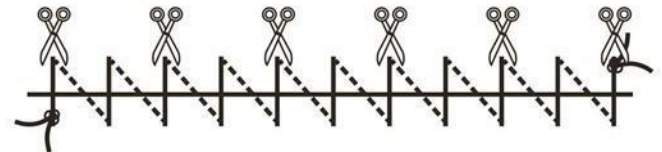
Plats för etikett

Meddela även Hudmottagningen om antibiotika behöver sättas in.

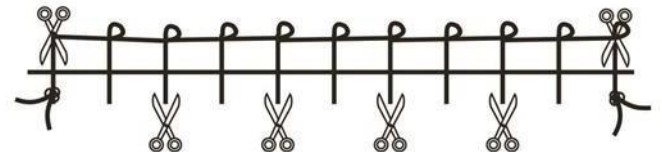
- Enstaka suturer**  
Lyft i ena trådändan med pincett, klipp under knuten med ögonsax eller med fin suturkniv.



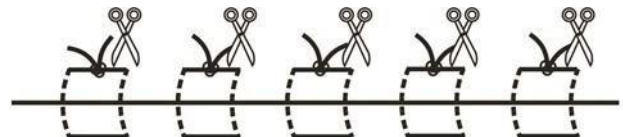
- Fortlöpande ("over and over")**  
Klipp av varannan sutur och lyft mellan suturerna. Ta bort knutarna.



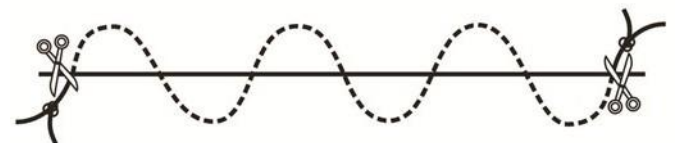
- Langett**  
Klipp av varannan sutur och lyft mellan suturerna. Ta bort knutarna.



- Liggande madrass**  
Lyft i tråden på sidan med knuten och klipp av.



- Intrakutan resorberbar:**  
Intrakutan sutur med genomskinlig resorberbar tråd behöver inte tas bort. Om knutarna irriterar huden så kan de förstås klippas bort efter 3 veckor.



- Korssutur:**  
Lyft i tråden på sidan på knuten och klipp av.

