

Tissue Viability

Wound Site Information and Advice

Date Applied:

By:

Wound Care Shown By:

Dressings/Stitches Applied

- All wounds go through several stages of healing, and you may be able to see them change as they progress. Common occurrences throughout the healing process can include a tickling/itching sensation, a slightly lumpy feeling as the new tissue forms, a slight pulling on any stitches as the wound heals, and bruising around the wound site itself.
- All dressings should stay on for at least 48 hours, **unless otherwise advised**. After the 48 hour period has passed, you can remove your dressing and shower the wounds as you would normally. If you wish to do so after the 48 hours, you can reapply the provided dressing given to you by the ward.

Problems?

- If the wound site becomes extremely painful, seek more advice from the ward or your GP.
 - If you observe any swelling, inflammation or bleeding, please contact the ward or the non-emergency number 111 for more advice.
- If the wound is leaking and excessively bleeding, visit Accident and Emergency or ring 999 for emergencies.

Dressing/Stitches wound care

- Keep the fixture clean and dry. If wet, clean the area and replace the dressings as explained to you by the ward.
 - If there is any spotted bleeding, apply **firm, even** pressure with a clean dressing until it stops and apply a clean dressing to the wound site after bleeding has ceased.
- Once your anaesthetic has worn off, expect some discomfort and maybe some slight pain. This can be rectified by taking simple pain medication, such as paracetamol. Be sure to read the instructions concerning any medication you take.

Still concerned? Have Questions?

Contact Ward _____ (within one week of discharge) on telephone number _____ for more advice.

Notes

**For more advice, ring the ward ,
otherwise ring Non-Emergency Services on 111,
or contact 999 in an emergency**

**If you have any comments about this leaflet or the service you have received
you can contact :**

Tissue Viability Office

Phone: 01484 355396

E-mail: TVNReferral@cht.nhs.uk

**If you would like this information in another format or language contact the
above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše
uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie
lub wersji językowej,
prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸ ਇਹ ਜਾਣਕਾਰੀ ਿਕਸੇਰੇਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਿਵੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ,ਹੋ ਤਾਂ ਿਕਰਪਾ ਕਰਕੇਉਪਰੋਕਤ
ਿਵਭਾਗ ਿਵੱਚ ਸਾਡੇਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان م میں درکار ہوں، تو برائے مہربانی مندرجہ بال
شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"