

After Your Minor Surgery

How to look after the area — and when to call us.

Call us straight away if you notice

- Bleeding that does not stop after 20 minutes of firm pressure
- Spreading redness or red streaks moving away from the cut
- Pain that gets worse after day 2 or 3
- Pus or a bad smell from the cut
- A fever of 38°C or above, or feeling shivery and unwell
- Numbness or loss of movement near the area

Call 01676 545111 in opening hours. Out of hours, call NHS 111. If you feel very unwell or are bleeding heavily, call 999 or go to A&E.

Today

Take it easy. The local anaesthetic will wear off in 1 to 3 hours — a little aching is normal.

- Rest and keep the area raised if you can.
- Don't drive straight after your procedure.
- No alcohol for the first 24 hours.
- If blood soaks through, press firmly on the dressing for 20 minutes without lifting it.

First 48 hours

- Keep the dressing clean and dry.
- Leave it in place unless it falls off or gets wet.
- Wash your hands before touching the area.

After 48 hours

- Shower normally — warm water over the area, don't scrub, then pat dry.
- No baths, swimming or hot tubs until healed and any stitches are out.
- Don't pick at scabs. Plain water is enough — no Savlon or antibiotic creams.

Stitches, glue or strips

Your clinician will tell you which type of closure you have and when any stitches need to come out.

- **Dissolvable** — fall out on their own over 1–3 weeks.
- **Non-dissolvable** — we will book you in to remove them.
- **Skin glue** — peels off in 5–10 days. Don't pick.
- **Steri-Strips** — leave on until they fall off (7–14 days).

When stitches usually come out

Face	3–5 days
Neck / scalp / arm	5–10 days
Chest, back or tummy	10–14 days
Leg, foot, palm or joint	10–21 days

Pain relief

- **Paracetamol** — 1g (two 500 mg) four times a day. Max 4g in 24 hours.
- **Ibuprofen** with food if safe — avoid with stomach ulcer, kidney problems, severe asthma or blood thinners. Ask your pharmacist if unsure.

Getting back to normal

- **Work, light activity** — usually the next day.
- **Heavy lifting, exercise, stretching** — avoid for at least 2 weeks.
- **Driving** — only when you can do an emergency stop comfortably.
- **Sun protection** — SPF 50+ on the scar for 6 months once healed.
- **Follow-up** — we'll see you in 7–14 days. Lab results take 2–4 weeks; we'll contact you.

Other formats. This leaflet is available in large print and easy-read on request. Please ask any member of the team, call us, or email hello@wellclinics.co.uk.

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