

Wound Care

An information guide



Wound Care

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E).

You have a wound which has been treated. The treatment method used depends on the type of wound you have and an appropriate dressing will also be covering the wound.

Looking after your wound

- You **MUST** keep your wound/dressing clean and dry.
- You must **NOT** cover the wound/dressing with plastic bags or anything else which is waterproof – this will make the wound soggy, and can lead to infections and delayed healing.
- Take painkillers such as paracetamol if needed.
- Always take medication according to the manufactures instructions.
- If you have been given antibiotics, it is important that you take the full course.

What to expect

It is normal for there to be a small amount of redness and swelling around a healing wound. It can take up to a year for the scar to fade to its final colour.

Most wounds take 5 - 14 days to heal. Some more complex/deeper wounds can take a few weeks longer. The wound may also need redressing more frequently - you will be provided with more information about this before you are discharged.

Do not apply any creams or make-up to the wound area.

Protect the healed wound from sunlight for 6 - 12 months after it has healed. **YOUR SKIN IS VULNERABLE AT THIS TIME, USE SUN BLOCK.**

What to look out for

You should contact/return to the A&E Department or see your GP if any of the following occur:

- The wound becomes very red or swollen.
- The wound becomes very painful.
- Pus leaks from the wound.
- The wound opens up.

Can I go to work?

You will be advised by a healthcare professional whether you can work or not. If you work in a workplace that could cause more harm or involving food hygiene then you should not work until it is fully healed.

Will I have a scar?

Yes, you will likely be left with a scar or a mark, this is impossible to predict. Healed wounds are always red and more obvious at first but this will settle in time.

Can I swim or play sports?

No is the simple answer.

Any physical exercise or moisture may delay your wounds healing process. Children should be advised to avoid PE at school.

If you are at all concerned about your injury please contact your GP or attend your local Accident & Emergency Department for further assessment.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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