



After your minor surgery procedure

Face

You will usually have sutures that should be removed in 6 days time
If you have **tape** over the wound—please try to keep this clean and dry. Replace the tape if it gets wet/dirty. Please replace the tape after the sutures are removed
If you have **ointment** over the wound, please try to keep it clean. If necessary, please clean carefully and replace a small amount of ointment.

Scalp

Your sutures will dissolve by themselves over the next few weeks.
You can wash your hair carefully, but be careful drying, do not rub the wound, or you could split it open. Please replace the ointment after washing, last thing at night (consider using an old pillow case) and first thing in the morning.

Body

I close most wounds with absorbable (dissolving) sutures, which are completely buried under your skin.

If covered with glue, then you can shower (please avoid baths or swimming for a week). The glue will turn grey and peel off after a week or two, by which time the skin will have healed

After all procedures

- 1) Try to keep the operated area elevated (higher than your heart) for the first 24 hours if possible—this reduces swelling, bruising and pain.
- 2) Avoid sports for 3 weeks and contact sports for 6 weeks.
- 3) After two weeks, the scars can be moisturised and massaged. This helps them to soften and settle. Any moisturiser can be used. Massage means firm pressure on the scar, and “wobbling” it. but **not** side-to-side rubbing.
- 4) when exposing the scar to the sun, use factor 50 to prevent the scar from going particularly red or brown in the sun.

If you have any problems during the initial (healing) phase, then please call Spire 24/7 on **0117 980 4015** for help.



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If you have any concerns, questions, or would like a follow up appointment, please call or email my secretary; or via the website– www.jameshenderson.net