

Care of your wound following Skin Curettage

What should I do if I feel any discomfort?

It is normal to you to feel sore and swollen after skin surgery especially when the local anaesthetic wears off (in around one to three hours). We suggest you take Paracetamol when you get home, and then as required up to the maximum permitted dose.

What should I do if my wound bleeds?

- Leave the dressing in place, use a clean pad (such as a wad of 10-20 clean paper handkerchiefs) over the dressing and apply firm continuous pressure for 20 minutes. We recommend timing this.
- Do not dab or keep looking at the wound – maintaining pressure is very important.
- If possible, elevate or raise the area, e.g. arm or leg.
- If a small amount of bleeding persists, apply pressure for another 10 minutes.

If you have heavy bleeding that does not stop with the above measures, contact the Dermatology Department on 01392 405510 (Monday to Friday 9am to 4pm).

After hours / bank holiday, please attend your local Emergency Department.

- When any bleeding has stopped, if the dressing is bloodstained, then get a new dressing placed, as leaving a blood-stained dressing in place can increase the risk of infection.

How do I care for my wound?

To help reduce the risk of bleeding, infection or poor healing after your surgery, we advise you to,

- Keep your wound dry and covered for 2 to 3 days. Then remove the dressing, wash the wound with warm tap water and pat dry, then apply a thin layer of petroleum jelly, e.g. Vaseline with a clean finger or cotton bud.
- **Repeat this daily.** Twice daily petroleum jelly will keep the wound moistened and avoid a hard scab from forming.

If the wound is moist or is in an area where it may catch or rub on clothing, you may cover with a clean dressing until healed.

What should I do if my wound becomes infected?

As with any surgery, there is a risk of infection. If this occurs, it generally happens within 3 to 7 days after the surgery.

Signs of infections at the site can be any of the following:

- Increasing pain at the site
- Worsening redness
- Swelling
- Heat
- Leakage of pus / blood stained fluid.

If you are concerned about any of the above, see your practice nurse promptly. The practice nurse will be able to assess your wound if you suspect it is infected. If your practice nurse has concerns or is unsure, then they can contact us. If you can't get a same day appointment with your practice nurse or a local Walk-in Centre then contact us on 01392 405516 and leave a message.

When will I know my pathology results?

It takes on average 4 weeks to have the results back in the department after your surgery. We will be in touch with the results. If after six weeks you have not heard from us, please contact the Dermatology Department on 01392405510

Contact us:

If you have any questions please contact the Dermatology Department, Level 1, Royal Devon University Hospital (Heavitree), Gladstone Road, Exeter, EX1 2ED

Our Telephone number: 01392 405510

Alternative number:01392 405516 (Leave a message for a member of the team to contact you)

Monday - Friday, 9am-4pm

Useful websites for support / further information:

■ www.skincare.org.uk

■ www.dermnet.org.nz

If you still need further help with information, advice or support, you can contact the Royal Devon University Hospital Patient Advice and Liaison Service.

Email: rduh.pals-eastern@nhs.net

Tel: 01392 302093

This information can be offered in other formats on request, including a language other than English and Braille.

RD&E (Eastern Services) main switchboard: 01392 411611 NDDH (Northern Services) main switchboard: 01271 322577

For Royal Devon services log on to: <https://royaldevon.nhs.uk>

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