

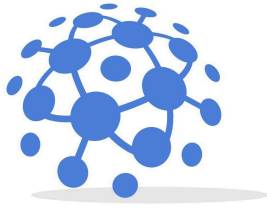
Bay Skin Cancer Clinic

51 Fifteenth Avenue, Tauranga

97 Hamurana Road, Omokoroa

Ph: 07 777 0990

Email: bayskincancer@gmail.com



Caring for your wound and stitches

Wounds require you to care for them after surgery so you will get rapid wound healing and the best possible scar.

Your wound needs to be kept dry and clean for 2 days following surgery. The nurse has applied skin coloured steri-strips over the suture line and then a dry white dressing over that. Leave the dressing on and avoid getting the dressing wet in the shower.

After 2 days remove the white dressing but leave the steri-strips on. You may shower, pat the wound dry with a clean towel and replace the dressing or leave the wound open to air.

Avoid spa pools, public swimming pools or the bath.

Signs that there are problems with the wound:

Bleeding: You can expect a small blood stain on the dressing, this is not a concern.

If the dressing is becoming soaked or you experience blood running out of the dressing, apply immediate pressure for 10 minutes. If bleeding persists, please ring Bay Skin Cancer Clinic between 8:30am-4:00pm Monday-Thursday. For after hours, please ring the after-hours Doctor at Accident and Healthcare or contact the hospital if outside Accident and Healthcare opening hours.

Infection: Although it is rare it can occur from 24 hours onwards. If there is **increasing** pain, swelling, redness or discharge then please contact Bay Skin Cancer Clinic or your enrolled GP, as you may need antibiotics.

After sutures are removed:

Once the sutures are removed the wound will have between 50% to 80% of its final strength. You can commence massaging the scar with Vitamin E cream or a simple moisturiser. Do this twice a day for 3 months. This helps flatten and soften the scar.

Taping:

Adhesive tapes such as "micropore", available at pharmacies, can reduce the possibility of scars becoming raised. Place the tape directly along the wound and leave it in place for several days. Replace if it becomes loose or dirty. You can still massage your scar through the tape. Continue with taping until the scar is flat and pale.

You will be notified when the Lab results are made available, this may take up to 14 days. If you haven't heard after 14 days, please call Bay Skin Cancer Clinic.

***All New Zealanders whether they have had skin cancer or not should practice daily sun screening for their exposed skin and wear protective clothing all year round. This is the most effective way of preventing skin cancers.*

Please update your contact & NoK details with our receptionist

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