

Wound care

Proper wound care promotes rapid and painless post-operative wound healing. Always follow the wound care instructions and/or orders provided by your doctor or nurse. Use the recommended dressing materials and tools for proper wound care. Don't hesitate to ask for advice if something is unclear or confusing. Feel free to contact your doctor or nurse.

Postoperative wound care

The first 24 to 48 hours are crucial for wound closure, after which the wound edges are considered closed to the external environment. Sutures, clips or wound glue hold the wound edges together.

The wound may be painful during the postoperative period. A cold pack may be applied to the wound if approved by the doctor. Over-the-counter pain relievers can help with severe pain. Consult your doctor regarding medications.

- During the healing period, keep the wound clean and dry to promote healing and prevent infection.
- Wash your hands before dressing the wound. You can clean the wound using specific wound care products (e.g. Sol. NaCl 0.9% saline solution, Prontosan solution or spray, wound or mucous membrane antiseptic), unless instructed otherwise.
- Dry the wound with clean dressing material and then cover the wound with a bandage or plaster.
- You can clean the wound two days after surgery or as instructed by the doctor/nurse.
- Before cleaning, remove the dressing or plaster. Clean the wound under flowing lukewarm water, unless instructed otherwise by the doctor or nurse.
- Let the wound air dry or gently pat it dry with a clean cotton swab.
- Do not rub the wound! If needed, apply a new dressing or plaster to the wound. If the wound is dry and shows no signs of infection, you can leave it uncovered.

Removal of sutures

The timing of the suture removal will be decided by your doctor. This is usually done 10 to 14 days after surgery (later if necessary). The plaster placed on the wound after suture removal can be taken off the next day.

Avoid taking baths and visiting saunas and swimming pools before the sutures are removed.

You can schedule an appointment with a surgical nurse or, if you prefer, your family doctor/nurse to remove the sutures.



When to see a doctor

During the postoperative period, monitor the wound for signs of infection. If these signs appear, you should seek medical attention. After surgery, the wound may appear slightly red, you may experience tingling, itching or haematomas and the wound might be tender – these symptoms are normal and will typically subside within a few days.

Consult a doctor if:

- there is swelling / intense redness / a persistent sensation of heat around the wound area;
- the wound starts to bleed heavily;
- there is an unpleasant-smelling discharge from the wound;
- you experience persistent and severe pain that does not respond to medication;
- the wound opens up;
- you develop a fever.

You should also contact a doctor if you feel weak and/or generally unwell.

Observations

All wounds are different. We always recommend following the postoperative wound care instructions provided by your doctor or nurse. A surgical wound usually heals within two weeks, but the wound area may still be sensitive for a few more weeks. Protect the wound area from external injuries.

Confido wound treatment consultation

Scarring is part of the wound healing process, and depending on the individual characteristics of your skin, different types of scars can develop. Scarring is not an indication of the quality of wound care or surgery, and scars can develop even after very careful wound care.

If the scar is in a visible area and its appearance is important to you, we recommend that you come in for a scar treatment consultation within two to three weeks after surgery. Each scar and patient is different, and during the consultation we will find the solution that best suits your needs.

Confido uses the most up-to-date scar treatment methods and laser therapy.

