

When can I expect to receive the results of my skin surgery?

We may contact you by telephone, by offering you another appointment or by letter, to provide you with your histology results. This usually is within 3 - 8 weeks. However, if you have not received your results after 8 weeks, then please contact the Dermatology Unit on **0300 019 5465**, so that we may investigate the matter.

Who do I contact if I need any further advice?

For non-urgent advice you can contact the dermatology nurses by leaving an answerphone message - including your name, hospital number (or date of birth), and telephone number - by calling the Dermatology Resource Unit, Christchurch Hospital on **0300 019 5471** (messages are collected Monday to Friday only).

To read this leaflet in a different language, please visit our website: www.uhd.nhs.uk/visit/patient-information-leaflets and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499** or email uhd.patientexperienceteam@nhs.net.

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Date: **February 2026** Version: **Three** Review date: **February 2029** Ref: **400/21**

t: 01202 486361 w: www.uhd.nhs.uk

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Secondary intention healing wound care

Dermatology Minor Skin Surgery

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This leaflet is to help explain the post operative care for patients requiring secondary intention healing.

What is Secondary Intention Healing?

Secondary intention healing means a wound will be left open (rather than being stitched together) and left to heal by itself. It will mean you will be having regular dressings carried out to the area for approximately six weeks, but this depends on the size and depth of the wound.

When and where will the dressing be removed?

A special dressing has been applied to the open wound, this will remain in place for three to seven days until you return to the Dermatology Resource Unit on:

at:

What will happen when I attend my follow up appointment?

The nurse in the department will re-dress the wound and then refer you to your Practice or District Nurse for further wound dressing if necessary.

In some cases, we will teach patients/relatives how to care for and redress the wound, by themselves at home.

How do I care for my wound?

To help minimise the risk of bleeding, infection and/or the wound from coming open (dehiscence), after your surgery, please:

- Immediately after the procedure and for the remainder of the day rest up, avoiding any strenuous activities. A further period of reduced activity may also be appropriate and will be discussed with you after your procedure.
- Where appropriate raise the area treated. For example, if surgery was performed on your leg, when sitting raise it up on a stool. If on the head, when lying down an extra pillow in bed is advisable.

- If surgery was performed on your neck or head, please avoid for at least 24 to 48 hours, alcohol, very hot spicy food, very hot drinks, prolonged stooping (lowering your head) and vigorous exercise.
- Protect all treated areas from direct sunlight

What should I do if I feel any discomfort?

It is normal for your wound to feel sore following skin surgery, especially when the local anaesthetic wears off (approximately in two to four hours). We suggest you take a pain killer (analgesic) such as Paracetamol when you get home, and then as required up to the maximum permitted dose. However, do not take any Aspirin or NSAIDS for example Ibuprofen (unless already prescribed by your GP) to minimise the risk of further bleeding.

What should I do if my wound bleeds?

Occasionally your wound may bleed after surgery. If this happens, leave the dressing in place and apply continuous pressure over the dressing for 5 to 10 minutes and raise the area that is bleeding. If required, apply another dressing on top.

However, if you have excessive bleeding and it does not stop, contact the Dermatology Unit: **0300 019 5285**, Monday - Friday 9am to 4:30pm. After those hours, please attend your local Emergency Department.

What should I do if my wound becomes infected?

As with any surgical procedure, there is a risk of infection. If this occurs, it generally happens within three to seven days following the operation. Signs to look for are increase in pain, redness, heat, swelling and/or leakage of pus / blood stained fluid.

If you notice these symptoms or you are concerned please contact your GP for advice.