

I HAD A SURGERY, NOW WHAT?

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WHAT IS A SURGICAL WOUND?

A wound caused by a surgical incision. It can be closed by stitches, staples, medical glue or left to heal by second intention (“by itself”).



WHAT TO DO?

- Ensure that the patient follows the post surgical instructions from the surgical and nursing teams.
- Each surgery will require specific instructions in relation to the type of dressing being utilised, wound care, possibility to shower, exercise, etc.
- Every patient should have a clear plan, adapted to their lifestyle and personal needs.
- Every patient should have a contact number that they utilise in case of any queries or signs and symptoms of wound complications.



WHAT COMPLICATIONS?

- Infection;
- Wound dehiscence (“skin breaks and wound splits”);
- Seroma/ Hematoma;
- Tissue necrosis (turning brown or black).



HOW TO MANAGE?

- Ensure patients are aware of the signs and symptoms of the above complications and when to contact an healthcare professional.
- Ensure patients receive both verbal and written information as not all information will be understood/ memorised by the patient after discharge.
- Ensure you create a care plan with the patient/carer, as this can increase compliance with plan, and making it more relatable for the patient to understand the importance of following the instructions.
- If possible support self-care, so that patient maintains there independence and has ownership of their wound.

A multidisciplinary team approach will lead to better outcomes as well as involving a Specialist Wound Care Nurse.