



Treating your wound

Keep your wound clean: avoid unnecessary contact with the wound to help reducing the risk of infection. You may shower 24 hours after your operation. Remove the dressing out before showering in order to expose the wound to the running water. After your shower you may want to cover the wound with a clean dressing: this is not necessary if the wound doesn't excrete any longer. You can go to the sauna after the stitches or the clips have been removed.

A nurse or healthcare professional will remove the stitches or the clips for you, usually after they have remained on your wound for 10 to 12 days. Your stitches/clips can be taken out on _____.

You can motion as much as you want to if the pain isn't an obstacle. Your physiotherapist will give you more information about how to exercise.

There may be pain associated with your wound or its area, but you should make use of adequate pain killers in order to be able to motion and breathe easily.

There may also be some swelling. If the operation was done in your leg or arm, remember to elevate your limb above the heart level when resting, eg. by using cushions. Doing this will decrease the pain and will help to reduce the swelling.

Despite of all care, any wound can become infected. If the pain gets worse, if you develop a temperature or if the wound becomes redder, feels hot to the touch, or excretes pus, please do not hesitate to contact a doctor.