



Wound Care After Minor Surgery

To ensure proper healing and reduce the risk of infection, follow these post-operative wound care instructions carefully.

Initial Care

- Keep the post-operative dressing in place and completely dry until your first redressing appointment.

Self-Redressing Instructions (After 1–2 Days, If Advised)

If permitted, you can redress the wound at home by following these steps:

1. Fill a **large clean bowl** with warm water.
2. Add **1 heaped tablespoon of salt per pint of water** to create a saline solution.
3. Remove the old dressing and **soak the affected foot/feet for 10 minutes**.
4. Gently **pat dry with a clean towel**, avoiding direct contact with the wound.
5. Apply a **sterile dressing**, such as **Melolin 5cmx5cm** (place the shiny side against the wound).
6. Secure with **Mefix or Mircopore** tape(both can be purchased from Amazon)
7. For faster healing, apply antiseptic directly to the wound before covering it with Melolin.
8. Repeat foot baths and redress the wound **2–3 times per week** or sooner if the dressing becomes wet.

Tips for Faster Healing & Infection Prevention

- **Follow the redressing routine** as instructed.
- Wear **roomy footwear or go barefoot** when possible to avoid pressure on the wound.
- **Avoid swimming and sports** until the area has fully healed.

Expected Healing Times

- **Children:** ~1 month (or less)
- **Adults:** ~3-5 weeks
- **Elderly:** ~3 months (or more)

When to Seek Medical Attention

If you experience **redness, swelling, warmth, pain, or signs of infection**, contact us immediately at **07365440685**.

If out of hours or during holidays, visit your nearest **A&E department**.