



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Instructions following your wound clinic review

Information for patients, relatives and carers

Maxillofacial and Orthodontic Department

① For more information, please contact:

Head and Neck Services
Outpatient Department
Telephone 01904 721335

The York Hospital
Wigginton Road, York, YO31 8HE

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Will I get my results?

We will either discuss your surgery results during a follow up nurse wound clinic, outpatient appointment or we would write to you whichever is appropriate.

What will happen at this appointment?

The surgical pressure pack covering some wounds has removable sutures; these are removed at your visit to the nurse led wound clinic. Any sutures left are dissolvable; these can take six to eight weeks to fully dissolve. Some scalp procedures require closure with a large stitch called “round block” these remain in place for four to six weeks.

How should I care for my wound site?

It is important to keep the wound massaged and moisturised. You can do this by using short circular finger movements using one of the following: Vaseline, E45 or a simple moisturising product such as Nivea. If you prefer an oil, then Baby or Bio oil is recommended.

This will reduce swelling, help dissolving sutures to break down and generally improve the lumpiness of scar tissue.

How long will it take to fully heal?

Scarring will continue to heal for 12-18 month's, regular massaging and moisturising will help the overall appearance. At the end of 12-18 months your wound is fully healed, and the appearance of scarring tissue is unlikely to further improve.

Further information

Following skin surgery, you will be encouraged to take care whilst enjoying the sunshine. A wide brimmed hat is encouraged and at least a factor 30 or above when applying sun protection.

In the event of concerns or questions regarding the healing of the wounds during this process, please contact the telephone number on the front of this leaflet.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Nursing staff, Head and Neck Outpatient Department,
York Teaching Hospital, Wigginton Road, York, YO31
8HE. Telephone – 01904 721335

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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