

- Do not apply cream or ointments over the glue
- Do not allow swimming or bathing for 7 days.

**Observe the wound for the following**

- Redness, swelling, ooze, warm to touch, odour (smell), in too much pain.
- Observe the child for any temperature and lack of appetite
- The wound will heal within 6 to 8 weeks' time in a healthy person.
- Eating fresh fruit and vegetable will help wound healing.
- Wounds heal faster if they are kept warm.
- Please contact GP / CHI at Crumlin if you have any concerns.
- Pain management
- Continue regular pain medication for at least 48 hours to allow mobilization without pain.

Pain relief last given on ward:

Any known medication allergies Yes  No

<i>Please give details</i>

Name	Dose	Time
Paracetamol		
Ibuprofen		

**Returning to normal routine**

- **School:** once pain free
- **Exercise:** avoid 4-6 weeks
- **Swimming:** avoid at least 6-8 week.
- Or as per surgeon's plan.

Additional Information

Developed by The Dressing Clinic

Date issued: May 2022/ Review Date: May 2024

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Children's Health Ireland  
at Crumlin

**Discharge Advise for  
Parents / Guardians of a child  
with a post-operative / surgical  
wound**



**Contact Details**

Ward / Dept.:  
Ward:  
Main Switch: 01 4096100  
Fax: 01 455 8873

Full Name: .....

Address: .....

HcRN: .....

DOB: .....

Name of the surgery	
Date of the surgery	
Appearance of the wound on discharge	
Dressing on the wound on discharge	
Number & type of sutures	
Outpatient Date	
Outpatient Time	

**If the wound is dressed**

- Do not disturb dressing unless indicated, as it may cause harm and delay in healing process.
- Keep the dressing clean and dry. Change when ever needed this will reduce the risk of infection.

**If the wound is exposed**

- Do not touch the wound with uncleaned hands.
- Do not use soap and skin cleansers over the wound.
- Keep the wound dry for the first 24 hours after surgery.



**Steri-strips**

**Can have shower after 48 hours, wound to be covered with water proof dressing.**

- If the wound has steristrips
- Steri strips are sterile pieces of medical tape used to close the wounds and help the edges grow back together. It keeps the wound clean.
- Usually they fall from the skin in about 7 to 10 days. If not soak with lukewarm water and peel gently.



- If the wound has any sutures / stitches
- Do not try to pull or remove by yourself.
- Make an appointment with GP / Clinic as per discharge plan.
- If the wound has staples



**Staples**

- Staples can be effective way to close wounds after surgery.
- Do not remove staples by yourself.
- The doctors will remove staples with staple extractor.



**Surgical Glue**

- If the wound has surgical glue
- It is used to glue the sides of an incision.
- It reduces the chance of infection.
- It forms a scab over the wound.
- The glue usally peels off in 5 to 7 days.
- Do not rub or scratch and always keep dry.