

Surgical wound care advice following your upper limb procedures

Information for patients from the Renal Dialysis Access Team

How long will my wound take to heal?

Normally between 10 to 14 days.

When should I change my wound dressing?

The dressing you leave hospital with should be left in place for three days and kept dry. If your dressing becomes wet, redress with the dressing provided. Do not apply creams or lotions to your wound.

Most people do not need to keep their wound covered for more than seven days; at this point it is usually dry and better left open to the air.

What sort of wound problems may I encounter?

- Mild pain and discomfort is normal. Take **painkillers** as advised by your medical professional.
- If your hand/arm becomes **swollen**, support it on two or three pillows when resting.
- If you notice your wound is becoming **red/inflamed/hot/discharging pus**, there may be an **infection** developing. Contact your GP, Haemodialysis Unit, or renal access nurse for advice.
- **Slight bleeding** from your wound through to the dressing is normal in the first one to two days following surgery.
- **Heavy bleeding** (when bleeding continues for more than five minutes with high volumes of more than quarter of a cup) should raise concern. Apply pressure to your wound and go to your nearest Emergency Department immediately.
- If there is a **scab**, do not try to remove it, it will come off on its own.

When can I go back doing my usual activities?

Gradually return to your normal activities (measured by wound comfort). After 14 days there should be no restrictions on your normal activities, unless advised by your surgeon.



When can I start driving again?

Avoid driving for at least three days following your procedure. When you feel safe to drive again consider your grip, does it feel back to normal for you?

Do I need to get any stitches/clips removed?

Yes

No

When is my follow-up appointment?

Date: _____ Time: _____

Where is my follow-up appointment?

- Marlowe Ward, Kent and Canterbury Hospital
- Thomas Becket, Kent and Canterbury Hospital
- Buckland Hospital, Dover
- William Harvey Hospital, Ashford
- Queen Elizabeth the Queen Mother Hospital, Margate
- Maidstone Hospital
- Medway Maritime Hospital

If you are on dialysis, your dialysis nurses will monitor the progress of your wound at your haemodialysis session.

If any further appointment is needed, you will be told by post or telephone.

Who can I call for advice or with any concerns?

Please call one of the telephone numbers below or your GP surgery if you are worried.

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| • Renal Dialysis Access Nurses, Kent and Canterbury Hospital | Telephone: 01227 86 43 05 |
| • Marlowe Ward, Kent and Canterbury Hospital (K&C) | Telephone: 01227 86 64 56 |
| • Thomas Becket Haemodialysis Unit, K&C | Telephone: 01227 78 30 47 |
| • Haemodialysis Unit, Buckland Hospital, Dover | Telephone: 01304 22 26 95 |
| • Haemodialysis Unit, William Harvey Hospital, Ashford | Telephone: 01233 65 18 72 |
| • Haemodialysis Unit, Queen Elizabeth the Queen Mother Hospital, Margate | Telephone: 01843 23 42 70 |
| • Haemodialysis Unit, Medway Maritime Hospital | Telephone: 01634 82 51 07 |
| • Haemodialysis Unit, Maidstone Hospital | Telephone: 01622 22 58 85 |

This leaflet has been produced with and for patients

Information produced by the Renal Dialysis Access Team

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