

Dear Sir/Madam,

Today you were treated in our integrated primary care setting. The procedure was performed by a surgeon in collaboration with your GP. You will not receive a bill for this treatment.

If removed tissue is sent to the laboratory for examination, the costs of this test may be charged to your compulsory excess. Further wound checks and any follow-up treatment will take place with your own GP.



**What was removed?**

atheroma cyst

lipoma

naevus / skin lesion

other: .....

**Your stitches**

The wound has been closed with non-absorbable stitches. These stitches do not dissolve by themselves and therefore need to be removed. We will make an appointment for you.

The stitches can be removed after ..... days. The timing depends on the location of the wound and how well it is healing. Do not pull on the stitches and do not cut them yourself. Contact your GP if the stitches irritate you, if the wound opens, or if you are unsure about the healing process.

**Wound care**

Keep the wound clean and dry for the first 24 hours. After that, you may take a short shower, unless your doctor has advised otherwise. After showering, gently pat the wound dry with a clean towel or clean gauze.

Do not take a bath, go swimming or use a sauna during the first seven days. Avoid movements, exercise and heavy lifting if this puts tension on the wound. This is especially important if the wound is on a part of the body that moves a lot, such as the back, shoulder, knee or arm.

## **Plaster or dressing**

The plaster may be removed after 24 hours. Any small adhesive wound strips may stay in place until they come off by themselves. Use a clean, dry plaster if the wound is still leaking or if clothing rubs against the wound.

## **Pain and bleeding**

Mild pain, swelling or bruising around the wound can be normal during the first few days. If needed, you may take paracetamol according to the dosage instructions on the packaging, unless you have been advised not to use it. A small bloodstain on the plaster is usually not a cause for concern. If the wound continues to bleed, press firmly on the wound with clean gauze or a clean cloth for 15 minutes without interruption. Contact your GP if the bleeding does not stop afterwards.

## **When should you contact your GP?**

Contact your GP if redness, warmth, swelling or pain clearly increases, if pus or unpleasant-smelling fluid comes from the wound, if you develop a fever or feel unwell, if the wound opens, if the wound keeps bleeding, or if you are concerned about the healing process.

During office hours: your own GP practice

Outside office hours: the HAP

We wish you a speedy recovery!

More information is available at [www.deambulantechirurg.nl](http://www.deambulantechirurg.nl). The website contains information about our organization, the conditions mentioned above, aftercare and other relevant topics.

