

## Plastics Dressing Clinic

You have been given this information leaflet because you have been referred to the Plastics Dressing Clinic.

Some wounds require a specialist to explore them and exclude injury to nerves and tendons. Others are at risk of infection, or are cosmetically sensitive. To allow these wounds to be cared for with more time you are being brought back as a Day Case.



You may need to have an operation, in theatre, to allow your treatment to be performed. This is best done the next morning when you are fasted.

### You should not:

- Eat any food from 0200
  - This includes chewing gum and sweets
  - Fizzy drinks, such as coke, are included in this advice
  - Tea or coffee with milk should be avoided
- Drink anything from 0600
  - You may have water or weak diluting juice prior to this.

### You should:

- Keep your wound dry and not remove the bandage
- Inform the staff if you have had any issues with general anaesthetic previously
- Inform staff of any allergies you may have

You need to attend the Plastics Dressing Clinic on Ward 35 at 8am.

Please enter via the South Entrance and take the lift to the second floor.

If you have any queries regarding your appointment please contact:  
**Ward 35 on 01642 854535.**

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**Emergency Department  
and Minor Injury Unit**  
Patient information

## Treating Pain

### If needed, painkiller options include the following:

Paracetamol is usually recommended for painful sprains or strains.

Non-steroidal anti-inflammatory drugs (NSAIDs) relieve pain and may also limit inflammation and swelling. You can buy some types (eg, ibuprofen) at pharmacies, without a prescription either topically as a cream, or as tablets. **You should check the medication advice leaflet to ensure you are safe to take these i.e some patients with asthma or stomach ulcers may not be able to.**

If this does not help, you may need an additional stronger painkiller – such as codeine – you should discuss this with your pharmacist or GP.

### Further Information

#### For further advice and information about your condition, please choose from the following:

- 'NHS Patient Choices' website: [www.nhs.uk](http://www.nhs.uk)
- 'Making Lives Better' patient website: [www.patient.info](http://www.patient.info)
- Telephone NHS 111
- Contact your General Practitioner

### Contact details:

The James Cook University Hospital: 01642 850850  
Marton Road, Middlesbrough, TS4 3BW

The Friarage: 01609 779911  
Northallerton, North Yorkshire, DL6 1JG

Redcar Primary Care Hospital: 01642 511000  
West Dyke Road, Redcar, TS10 4NW

To ensure we meet your communication needs please inform the Patient Experience Department of any special requirements, i.e. Braille/ Large Print.

T: 01642 835964

E: [stees.patient.experience@nhs.net](mailto:stees.patient.experience@nhs.net)

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