

# Your child's follow-up appointment in the plastic surgery dressing clinic

Your child had a plastic surgery procedure and needs a follow-up appointment in our dressing clinic 7 to 10 days later. This leaflet gives you guidance on caring for your child after their plastic surgery procedure. If you have any questions, please speak to a doctor or nurse caring for your child.

## What to do when you get home

When you get home from hospital, you need to keep your child's dressing clean and dry until their follow-up appointment. If they had the procedure on a hand or foot, try to keep the limb raised (elevated) as much as possible. This is especially important in the first 48 hours.

## Giving your child pain medicine

Please make sure that you have a week's supply of paracetamol (a painkiller) and ibuprofen (an anti-inflammatory medicine) at home before the procedure. We do not routinely give these medicines to take home for your child after surgery.

You can buy paracetamol and ibuprofen from a pharmacy, supermarket or shop. Paracetamol for children may also be called Calpol<sup>®</sup>. Ibuprofen for children may also be called Calprofen<sup>®</sup> or Nurofen<sup>®</sup>. You need the type of medicine that you would give your child if they were unwell with a cold or ear ache. If your child cannot take paracetamol or ibuprofen for any reason, please speak to their healthcare team about other options.

It is expected that a child will need pain medicines after surgery and that their parents or guardians will give these as necessary. Please ask your child's healthcare team if you want more information about this.

Sometimes your child might need help from a therapist, such as a hand therapist, after their procedure. We try to hold the dressing clinic and hand therapy follow-up appointments together.

Please give your child suitable pain medicine 30 minutes before their appointment time. You can give them paracetamol, ibuprofen or both, unless they cannot take these medicines.

By giving your child pain medicine before their appointment, you can help them to get the most benefit from it. If their pain is controlled, they can do the exercises that we show them well. This will help their recovery and lower the risk of complications.

## When to contact us

You need to contact us if:

- your child has removed the dressing or got it wet
- your child's temperature is very high, or they feel hot or shivery
- there is a smell coming from the wound

- the wound is bleeding or oozing through the dressing
- your child's pain is not controlled by taking paracetamol regularly
- you have not received a follow-up appointment for your child within 3 working days of leaving the hospital
- our team has asked you to take your child to a GP after the procedure, but you cannot get an appointment within the specified time

## Contact us

If you have any questions or concerns, please contact the clinical nurse specialist for children's (paediatric) plastic surgery, **phone** 07747 204 489, Monday to Friday, 9am to 5pm.

If you are concerned about your child out of hours, please go to your nearest emergency department (A&E), walk-in clinic or GP as appropriate. They can then contact our plastic surgery team, if needed.

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit **web** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

## Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm  
**email** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk). To make a complaint, contact the resolution department **phone** 020 7188 3514 **email** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and accessible support services

If you need an interpreter or information about your child's care in a different language or format, please contact the department where your child has the appointment.

## NHS 111

This service offers medical help and advice from fully trained advisers. They are supported by experienced nurses and paramedics, **phone** 111 (24 hours a day) **web** [www.111.nhs.uk](http://www.111.nhs.uk)

## NHS website

This website gives information and guidance on all aspects of health and healthcare. It can help you to take care of your child's health and wellbeing, **web** [www.nhs.uk](http://www.nhs.uk)



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