

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

Your child has had a procedure under the plastic surgery team and will need a follow-up in our dressing clinic 7-10 days after the procedure.

When you get home

Keep the dressing clean and dry until your child's follow-up appointment. If the operation was on a hand or a foot, try to keep the limb elevated (raised) as much as possible, especially in the first 48 hours.

It is hospital policy that simple pain relief medication, such as paracetamol and ibuprofen are not routinely dispensed from the hospital. It is expected that after surgery a child will need such medications, and they will be given by the parents/guardians as necessary. Please ask nurses on the ward, or your doctor if you need more information.

Sometimes your child might need help from therapists, such as a hand therapist. We try to combine dressing clinic and hand therapy follow-up appointments together. Please make sure that your child is given adequate pain relief medication 30 minutes before the appointment time (paracetamol and/or ibuprofen if your child can have them), for them to get the maximum benefit out of the appointment. If their pain is controlled they can do the exercises well and this will help their recovery and lower the risk of complications.

When to contact us

- If your child has removed the dressing or got it wet.
- If your child has a temperature of 37.7C or above
- If there is a smell coming from the wound.
- If the wound is bleeding or oozing through the dressing.
- If your child's pain is not controlled by regular paracetamol.
- If you have not received a follow-up appointment within three working days of leaving the hospital.
- If our team has asked you to go to your GP after the procedure, and 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 plastic surgery, **t:** 07747204489, Monday to Friday, 9am-5pm.

Out of these hours, please call the hospital switchboard, **t:** 020 7188 7188, ask for the bleep desk and enter bleep 0155. This will connect you to one of our doctors.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.evelinalondon.nhs.uk/leaflets

Useful sources of information

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. **t:** 020 7188 3003, Monday to Friday, 10am-5pm
e: letstalkmedicines@gstt.nhs.uk

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. **t:** 020 7188 8748, Monday to Friday, 9am-5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111 **w:** www.111.nhs.uk

NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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