

## Lump & Bump Aftercare

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In case of emergency or if you have any concerns following this treatment please contact us.

It is important to follow the specific aftercare instructions provided to ensure the best possible healing and results. If you have any questions or concerns about the aftercare process, be sure to ask your practitioner for more guidance.



# Lump & Bump Aftercare

- If you have left with a dressing we recommend keeping the area dressed for 4-5 days. Dressings can be changed after 48 hours.
- If dressings get wet any point they must be changed - wet dressings will encourage infection.
- Keep wound dry and clean.
- After the dressings have been removed, you can shower and lightly wet the area. Large wounds may require a thin layer of Vaseline to protect from excess water.
- Abstain from physical activity for one - two weeks depending on size and site of wound.
- For pain relief - Take some paracetamol for 3 to 5 days. Ibuprofen may be used after 24 hours to reduce swelling if necessary.
- Please attend the Clinic for the removal of sutures on the advised day. Please note this may vary in accordance with removal advice for different areas of the body.
- If at anytime the wound start to get hot, discharge, smell or there are any other notable signs of infection please report us immediately.