

POST OPERATIVE INSTRUCTIONS

General Information

- Keep dressing dry and intact for 24/48 hours.
- Swelling and bruising may present. Use ice packs for 10-20 minutes for the first 24 hours to avoid this.
- If your wound bleeds, leave dressing intact. Apply pressure for 10-20 minutes. Reinforce with gauze and Hyperfix from the pack given to you. If bleeding persists, contact our surgery within business hours or go to your nearest hospitals Emergency Department.
- If the wound is on your face or head, keep your head elevated during the night with 2-3 pillows, and avoid bending your head down.
- If the wound is close to or on your lips, avoid hot beverages for 1-2 days.
- If the wound is on the lower limbs, elevate the affected limb when not mobilising. Limit your walking.
- Avoid strenuous activity, bending and lifting until the sutures are removed.

Dressing

- Wash your hands prior to removing the dressing.
- Remove pressure dressing 24/48 hours post surgery, leaving the under-layer dressing intact.
- You can now get the wound wet in the shower.
- If the under-layer dressing becomes soiled and needs to be changed, follow these steps:
 - i. Clean the wound with sterile salt water (1 teaspoon of salt to a cup of boiled water) and a clean cotton tip, pat dry.
 - ii. Apply a small amount of Vaseline or Chlorsig ointment to the suture site.
 - iii. Place a piece of Hyperfix dressing that was supplied in the wound kit along the suture line.
 - iv. It is not necessary to do this daily, as it is best the wound is not disturbed too much.

Signs of Infection

- If the wound becomes very tender with swelling, redness or discharge, this may be a sign of infection. If this occurs, please call our surgery on **(02) 9966 9667**

Signs of Healing

- The area may drain clear fluid, and you may notice some white material in the base of the wound and a thin rim of redness around the wound site as it heals.
- The wound may develop a crust or scab, these are normal developments.

Medication

- You can take Panadol or Panadeine for pain relief.
- Do not use Nurofen, Aspirin or Disprin-based medication as these thin the blood and may cause more bleeding or bruising.
- If you have any questions or concerns, please call our surgery Monday - Friday between 9am - 5pm on **(02) 9966 9667**. If it is out of hours, please call your GP.