

## Post - Operative Instructions

### Expected pain and management

- During the procedure local anaesthetic was injected which should numb the operative site for 6-8 hours after your procedure.
- Once the local anaesthetic wears off you may begin to feel some discomfort for which you should take;
  - Panadol / Panadeine 2 tablets every 4-6 hours for the first 24 hours and continuing as required.
  - Anti-inflammatory e.g. Neurofen can be used in addition to Panadol/Panadeine if required.
- For larger procedures you may be discharged with stronger pain relief such as Panadeine Forte/Endone. These medications should be taken according to instructions given by the prescribing doctor and pharmacist.
- For operations on the arm or leg, elevation of the operative site is important and will assist with post-operative pain management.
- If your pain is not controlled with the above measure contact WPRS for advice.

### Wound Care

- Shower as normal, cleaning the area gently. Pat dry.
- Please do not remove your dressing unless you have been informed to do so.
- If your dressing falls off, do not be concerned as it will not harm the operative site. You should contact WPRS during office hours for advice regarding the dressing.
- Small amounts of ooze from your wound are normal. Please consult WPRS if you are concerned by the amount or type of discharge.
- If any bleeding occurs after discharge, please apply pressure to the site for 10 minutes and then reassess. If bleeding continues, repeat pressure for a further 10 minutes. Contact WPRS if the bleeding does not cease following these measures.
- At 7-10 days post op you will have wound check with the nurse at WPRS who will advise you on further dressings and wound care.
- Please continue to wear your pressure garments for 2-4 weeks to assist with swelling

### Activity

- Start walking as soon as possible after your surgery.
- Avoid any strenuous activity after your procedure for 4 weeks.
- Your surgeon will let you know when you can return to your normal activities and work.
- Driving will vary from person to person. Your surgeon will let you know when it is safe to drive.

If you have any concerns please contact **WPRS** on (03) 5562 5330.

- In hours your call will be answered by a nurse and managed as appropriate.
- After hours you may leave a message or your call will be diverted to the on call Plastic Surgeon.

In the unlikely event you are unable to contact anyone at WPRS then call **St John of God hospital** on (03) 5564 0600.