

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 the instructions provided by the prescribing doctor and pharmacist.
- If your pain is not controlled utilising the above measures, please contact WPRS for advice.

Wound Care

- Please avoid any pressure on the side of surgery.
- Please sleep with your head elevated on two pillows to help with the swelling and do not sleep on the operated side.
- Please do not remove your dressing or nasal splint if there is one in place. Removing your nasal splint could adversely affect your outcome.
- If you have had a procedure on your nose please do not blow your nose. You will be advised on discharge how to clean your nose.
- If you have an incision inside your mouth, please wash your mouth with mouth wash 3 times a day. You should have a soft diet for 2 weeks to allow the internal wound to heal.
- At 5-7 days any facial sutures will be removed.
- At 10-14 days your nasal splint will be removed by the nurse at WPRS if in place.

Activity

- Avoid any strenuous activity after your procedure for 2 weeks.
- You should avoid any contact sport for at least 6 weeks.
- Your surgeon will let you know when you can return to your normal activities and work.
- Driving is not safe for at least 1 week after surgery.

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.