

## Post - Operative Instructions

### Expected pain and management

- You may 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.
- If your pain is not controlled with the above measure contact WPRS for advice.

### Activity

- Avoid any strenuous activity after your procedure for 1 week.
- Your surgeon will let you know when you can return to your normal activities and work.
- Continue Scar Management with massage and taping as advised.
- At 3 months you will have a post-operative review with Mr Toma at WPRS.

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.