

## 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 you procedure.
- Once the local anaesthetic wears off you may begin to feel some discomfort for which you should take;
  - Panadol /Panadiene 2 tablets every 4-6 hours for the first 24 hours and continuing as required for adults and Panadol as directed on packet for children.
  - Anti-inflammatory e.g. Neurofen can be used in addition to panadol/panadiene if required.
- For larger procedures you may be discharged with stronger pain relief such as panadiene forte/endone in adults or pain stop in children. These medications should be taken according to instruction given by the prescribing doctor and pharmacist.
- Elevation of the operative site is important and will assist with post-operative pain management. Following an operation on the finger you should wear a sling for 1 week, whilst with toes you should elevate your leg.
- If your pain is not controlled with the above measure contact WPRS for advice

### Wound Care

- Please keep your plaster and dressing dry.
- Please do not remove your plaster or dressing.
- 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.
- If any bleeding occurs upon discharge, please elevate and apply pressure to the site for 10 minutes and then reassess, if bleeding continues then repeat for another 10 minutes. Contact WPRS if the bleeding does not cease following these measures.
- At 7-10 days you will have a post-operative wound check with the nurse at WPRS who will advise you on further dressings and wound care.
- For operations on the finger you will be referred to a hand therapist. Your attendance at these appointments will determine the success of your surgery.

### Activity

- Avoid any strenuous activity after your procedure for 1 week.
- For operations on toes you will be discharge with crutches and should not weight bear till advised to do so.
- Your surgeon will let you know when you can return to your normal activities and work.
- Driving is not safe with a plaster on your leg or arm. Once you have been reviewed your safety for driving will be discussed.

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.