

POST - OPERATIVE INSTRUCTIONS

Pain Management

- During the procedure local anaesthetic is injected into the operative site, which should numb the area for 6-12 hours after your procedure.
- Upon discharge you may begin to feel some discomfort for which you may take:
 - Panadol/Panadeine/Panadeine Forte, 2 tablets every 6 hours regularly for the first 48-72 hours.
 - Anti-inflammatory e.g. Nurofen can be used in addition if required.
 - Endone may be prescribed for more extensive procedure. Take this for break through pain.
- If your pain is not controlled with the above measures, contact WPRS for advice.

Wound Care

- The dressings will stay intact for 1-3 weeks. You may get this dressing wet and should pat it dry. If your dressing falls off, please contact WPRS within hours for advice.
- Post- surgery you will have elastic tubular bandage applied for support. We recommend you wear this for the first week. You may remove this for showering.
- After the first week you should commence wearing the provided abdominal binder for six weeks to help with the swelling. You may remove it for showering and for short periods if uncomfortable.
- If any bleeding occurs upon discharge from hospital, apply pressure for 10 minutes and then reassess. Contact WPRS if the bleeding does not cease following these measures.
- Small amounts of ooze from your wound is normal. Please consult WPRS if you are concerned by the amount or type of discharge.

Activity

- Please rest for the first week after the operation.
- You may feel that your abdomen is tight and it is difficult to straighten up completely. This will improve over the period of 1-2 week.
- You should avoid driving for 2 weeks and only return to driving once you feel safe and comfortable.
- Between 2-4 weeks post operatively you may return to normal activities as tolerated by your body.
- Avoid any strenuous activity (e.g. heavy lifting) after your procedure for 4-6 weeks depending on your comfort and wound healing.
- You may return to sport and other strenuous exercise after 6 weeks.

Follow-up

- Day 7 post discharge you will have a post-operative wound check with the WPRS nurse who will advise you on further wound care appointments and future scar management.

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

- Within clinic hours your call will be transferred to clinical nurse and managed appropriately.
- 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 staff at WPRS please call St John of God Hospital, Warrnambool on (03) 5564 0600.