

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 procedures. Take this for break through pain.
- If your pain is not controlled with the above measure contact WPRS for advice.

Wound Care

- Leave your dressing intact until your review. You can shower normally over the dressing and pat it dry. If your dressing falls off, please contact WPRS for advice.
- You will be provided with an elastic tubular bandage for your arm. You should wear it 24 hours per day for the first 2 weeks to control swelling and provide support. You may remove it at night if uncomfortable.
- Swelling and bruising is normal after your operation. However, if you develop sudden swelling or bruising on one side please contact WPRS.
- Small amounts of ooze from your wound is normal. Please consult WPRS if you are concerned by the amount or type of discharge.
- Often you will be discharged home with a drain tube. You will be provided with education on this prior to discharge. Nurses will be organised to visit you at home and you are advised to contact WPRS if there are any concerns. Please do not remove the drain tube without discussing with WPRS.
- You will be referred to a lymphoedema specialist for management of any ongoing arm swelling.

Activity

- Please rest for the first week after the operation.
- You should avoid driving for 2 weeks and only return to driving once you feel safe
- Please perform exercises provided by physiotherapist to prevent shoulder stiffness.
- 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 5 post discharge you will have a post-operative wound check with the WPRS nurse who will advise you on further 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.