

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

Wound Care

- During the procedure the area is dressed with a dressing called Jelonet. This can be taken off after 48hrs/sooner if dirty.
- Bruising and minimal swelling is expected around the wound, but this should decrease and improve in subsequent days.
- Subsequent days – keep the wound clean with antiseptic solution (i.e. over the counter diluted Dettol) You can also use antiseptic over the counter ointments like Chlorsig.
- Sutures will dissolve, if you have any discomfort in the following weeks, please contact the clinic.

Activity

- Gentle home activity is recommended for the first 2 weeks.
- You should experience no changes to urinating.
- Avoid strenuous exercise or activity for 4 weeks. Appropriate to area – i.e. running.
- You can return to Driving a car as you feel comfortable.
- Avoid sexual activity, voluntary erections for 4 weeks. After that, gentle activity when comfortable

Follow-up

- Day 7-10 post procedure 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.
- WPRS staff will have attached an appointment card to this handout advising you of this. If you haven't received a card or appointment, please contact the WPRS rooms on (03) 5562 5330.

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 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.