

### 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.
- For operations on the leg, elevation of the operative site is important and will assist with post-operative pain management.
- If your pain is not controlled with the above measure contact WPRS for advice.

#### Wound Care

- You may have a backslab (plaster) on your leg. Please do not remove.
- If the plaster or dressing falls off, do not be concerned as it will not harm the operative site. You may contact WPRS during office hours for advice regarding the dressing if needed.
- If any bleeding occurs upon discharge, please elevate above your waist and apply pressure for 10 minutes, if it continues then repeat elevation and pressure for another 10 minutes. 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

- Avoid any strenuous activity after your procedure for 1 week.
- You will be advised on discharge regarding your ability to weight bear. Please do not weight bear on your operated foot/leg till advised it is safe.
- You may return to work when safe and comfortable. Please keep leg elevated as much as possible to help with swelling.
- Avoid driving until you are advised it is safe. It is not safe to drive with plaster/splint on your leg.

#### Follow-up

- On day 10 you will have a post-operative wound check with the nurse at WPRS who will remove sutures and advise on further scar management and ability to weight bear.
- You may be referred to a physiotherapist for rehabilitation. Your outcome from surgery is heavily dependent on attending these appointments.

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.