

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

- Please leave your head bandage intact and dry for 10 days. If your dressing falls off you should contact WPRS during office hours for advice.
- After your head bandage is removed you will be required to wear a head band that covers your ears. You will have to wear this for 24 hours per day for 6 weeks and then for a further 3 months at night only.
- If any bleeding occurs upon discharge, 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 should avoid driving for 1 weeks and only return to driving once you feel safe
- Between 1-2 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 weeks.
- You may return to sport and other strenuous exercise after 6 weeks.
- Avoid any knocks to the ears for 3 months as this may affect the result

Follow-up

- Day 10 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.