

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 arm or 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

- If you have a dressing in place then please keep dry and intact, unless you are informed otherwise. Certain dressings (Mefix and Tegaderm) can be wet and patted dry.
- If no dressing is applied, then you may get the area wet after 24 hours and you may be asked to apply Chlorsig ointment. Although this is an eye ointment it is safe to use on your skin as directed.
- If your dressing falls off, do not be concerned as it will not harm the operative site. You should contact WPRS during office hours for advice regarding the dressing.
- If any bleeding occurs upon discharge, please apply pressure to the site for 10 minutes and then reassess, if bleeding continues then repeat pressure for another 10 minutes. Please contact WPRS if the bleeding does not cease with 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.
- Your surgeon will let you know when you can return to your normal activities and work.
- Driving will depend on your operative site and your surgeon will let you know when it is safe to drive

Follow-up

- On day 5-7 (depending on operative site) you will have a post-operative wound check with the nurse at WPRS who will remove sutures and advise 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.