

Post Operative Instructions

- **Please contact us if ANY problem occurs: Ph 3324 0466**
- Keep the wound very dry. Exercise, straining or bumping the wound, can cause bleeding.
- **Remove** the dressing on day 4 (today being day 1). You can remove it yourself.
- **Pain** should be adequately controlled with:- panadol, or nurofen plus (slightly stronger).
- **Wound infection** occurs in a small percentage of all wounds. **Contact me with ANY concerns.** What to look for:- Increasing pain, wound discharge, an odour, redness around the wound or an unexplained temperature.
- **Bleeding** from under the dressing in the 1st 48 hours following a skin flap or skin graft is **expected** and you should not be concerned. Heavier bleeding does not indicate a problem, but needs to be dealt with as follows. It is wise to plan for this. After you get home get small towel at hand ready.
- Apply firm pressure with the towel for 15 minutes with a cold compress.
- Clean up after the bleeding has stopped. Do not remove the dressing.
- **If the bleeding will not stop, contact me** on the numbers provided.
- Sutures: Return for removal of sutures in ____ days.