

Post Operative Instructions

**WOUND CARE**

The local anaesthetic will wear off in 3 – 4 hours. After that you may require Panadol/Panadeine Forte. Avoid Nurofen

**Avoid:**

- Please **do not exercise for 48 hours** after your procedure as raising your blood pressure can result in bleeding
- Please **avoid alcohol for 24 hours** as this can make your wound bleed
- **Avoid swimming in pools or ocean for 2 weeks**

**Bleeding:**

If there is any bleeding please apply firm pressure to the spot for 20 minutes with clean tissues. A cold pack may also help to stop bleeding. Please contact the rooms if bleeding persists

**Infection:**

If there is any excessive redness, irritation or discharge please contact the rooms immediately. This will not occur before 48 hours. If the rooms are closed please seek medical attention and commence antibiotics

**Dressing Management:**

- Leave steri strips intact and you can shower over them from 24 hours. Replace as required
- Dressings to remain dry and intact until removal of sutures
- Apply Chlorsig ointment to the wound twice a day
- Remove dressing after 48 hours and apply Chlorsig ointment twice a day

**Follow up:**

1 week: .....  Kogarah  Miranda

2 weeks: .....  Kogarah  Miranda

**Review by Dr Thornbury:** .....  Kogarah  Miranda

