



POST OPERATIVE CARE

PATIENT INFORMATION

What to do after Minor Surgery?

As much as possible keep the area operated on elevated and rested (use pillows or slings to assist). This will help minimise pain or discomfort and decrease the chance of bleeding.

Please do your best to keep the dressings dry and clean until your review appointment.

WOUND

It is quite common for a bit of blood to ooze through the dressings. As long as this doesn't become excessive, simple elevation will assist. If there is a moderate amount of bleeding this can often be stopped by applying gentle pressure for 10 minutes or so continuously (i.e. don't keep checking it every 30 seconds).

PAIN

The anaesthetic used for the procedure will last for several hours afterwards. It is important to be aware that you may not feel pain or discomfort, and as such may injure yourself after surgery if you are not very careful. Avoid exposing the area to significant heat or cold (for example tea or coffee after lip surgery).

Pain relieving medications may have been prescribed for you in certain cases - please take these as directed. In other circumstances for pain relief use paracetamol (e.g. Panadol). Avoid taking medications containing aspirin as these can increase bleeding.

ACTIVITY

As a general rule just be sensible regarding your activities after any surgery. Avoid excessive exercise and prolonged bending and/or stooping (e.g. gardening).

Driving should be avoided for at least 24 hours after any sedation or anaesthetic. After that time common sense should apply as to whether you are safe to drive. i.e. use of both hands, unimpaired vision etc.

It is recommended that, if at all possible, a responsible adult stays with you following surgery for 24 hours.

DO NOT SMOKE. Smoking is associated with a significantly higher risk of poor wound healing, both in the short term (wounds falling apart, getting infected, grafts and flaps failing) and in the long term with worse final outcomes.

If there are any concerns following surgery which the above simple measures don't address, please contact Mr White:

1. During Office hours: Monday to Friday 9am-5pm. Please call the rooms first on **9895 7631**
2. After hours: Call the Paging Service on **9387 1000** and ask to leave a message for Mr Dean White
3. If the matter is more urgent or you have received no response to the first steps above, call Mr White on 0457 204 943
4. In the extremely unlikely situation that you cannot contact Mr White with these methods and you are unwell please go to an emergency department. Mr White is on staff at Box Hill Public and Royal Melbourne Public Hospitals. Please note that there is no emergency department at Epworth Eastern Private Hospital in Box Hill.

Please note - This information sheet is provided as a general guide only. The specific circumstances of your condition need to be discussed with Mr White.