



## Post Operative Care

### Dressings

During your operation a dressing will be applied to your wound.

All dressings must be kept intact and remain clean and dry until your first review appointment.

- There may be some slight blood or ooze on your dressing but this is not cause for alarm. Dressings can be reinforced at home with bandages or gauze if required.
- If the bleeding is substantial or the dressing comes off please contact us.
- You will most likely need further appointments after your review appointment; these will normally be with our practice nurse, Clare Allen.

### Wound

- You will most likely have sutures or staples in your incision.
- Some sutures are dissolving and will gradually disappear. If you have non – dissolving sutures or staples they will be removed by our practice nurse 7-10 days postoperatively at an out patient appointment.
- Do not smoke as smoking delays healing and increases the risk of complications.
- A prescription for antibiotics may be provided; please take the full course as directed.
- If you have had surgery to your face you may experience bruising and swelling around eye and cheek areas. This is normal and will start to resolve within 7-10 days.

### Activity

In the first few days after the operation it is important that you rest. If you have had surgery of your hand or foot please keep the affected limb elevated, this will help reduce swelling and pain. If you have had surgery to your arm or hand you may be unable to drive for sometime depending on the severity of the injury. In most cases, however you can resume normal activities after your review appointment. You may need time off work: please discuss this with Mr Dowling during your review appointment.

### Pain

It is normal to experience some pain during the first 24-48 hours after your operation. Depending on the severity of the injury a prescription for pain medication may be provided by Mr Dowling. If a prescription is not provided available pain medication such as Panadiene and Nurofen are usually very effective.

Local anaesthetic is usually administered to the wound during surgery which can help relieve post operative pain; however, to avoid pain suddenly returning once you are discharged start any prescribed pain medication soon after returning home.

- Please remember to always take medication as directed by your pharmacist.
- Do not drink alcohol when taking pain medication.
- If you have excessive pain or discomfort that is not alleviated by medications please contact the practice.
- Your dressing will most likely be changed during the first review appointment; to help alleviate discomfort during the dressing change it can be helpful to take pain medication ½ hour prior to your appointment.

### Occupational Therapy

Our occupational therapist may be required post operatively to provide hand therapy and scar management. Scar management and hand therapy are an important part of your rehabilitation and Mr Dowling will decide when you should commence your treatment. Occupational therapy may be covered under private extras in your health cover.

- Remember sometimes even minor injuries can take several months to heal satisfactorily so please be patient.