

Plastic Surgeon Provider 4265023Y
M.B.B.S. (Hons) F.R.A.C.S. (Plast.)

POST-OPERATIVE CARE

Dressings

After 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 may or may not require further appointments after your first review appointment. These will normally be with our practice nurse and you will be advised accordingly.

Wound

- You are likely to 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 5 -10 days post-operatively.
- Do not smoke. 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 the eye and cheek areas. This is normal and will start to resolve within 7-10 days.

Activity

In the first few days after your 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 on your arm or hand, you may be unable to drive for sometime, depending on the severity of the injury. In most cases, you can resume normal activities, on advice, after your first review appointment. If you require time off work, please discuss this with Mr Ying, during your 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 and extent of your surgery, a prescription for pain medication may be provided by Mr Ying. If a prescription is not provided, pain medication such as Panadeine and Nurofen are usually very effective.

Local anaesthetic is usually administered to the wound during surgery, which helps to relieve post operative pain; however, to avoid pain after you have been discharged, start pain medication soon after returning home.

- Remember to always take medication as directed.
- Do not drink alcohol when taking pain medication.
- If you have excessive pain or discomfort please contact Mr Ying's main rooms on 9807 8300.

Occupational Therapy

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