

Post Operative Instructions

**WOUND CARE FOLLOWING MINOR PROCEDURE**

- The local anaesthetic will wear off in a few hours. After that you may need some Panadol
- If there is any bleeding from the wound, please apply firm pressure with clean tissues for 10 minutes. Please have a look at the clock to ensure that the pressure is applied for a full 10 minutes. This is normally enough to stop any minor bleeding, however you may need to repeat this. If bleeding persists, please contact us
- If there is excessive redness or irritation with your wound/s, or signs of infection, or if you develop a fever above 37.5°, please telephone our rooms on the numbers above. If you are unable to contact us at the rooms, please telephone the after hours number instead
- If your wound is on your arm, leg or head keep the area elevated
- NO swimming and NO heavy exercise for at least 1 week

**Please follow the instructions below as marked:**

- Always clean your hands before touching or caring for your wounds
- Please apply Vaseline to the wound twice a day. Shower normally and pat the wound dry
- The wound has been covered with Vaseline impregnated gauze. You can remove this dressing tomorrow, shower normally and apply ordinary Vaseline to the wound twice a day
- Please leave all the dressings clean, dry and intact until you are reviewed back in the rooms. For dressings on your leg or arm, you may cover the dressing with a plastic bag to keep it dry while showering (secure plastic bag with tape or an elastic band)
- The wound has been put back together with stitches. Over the stitches you have white Steri strips you can get this tape lightly wet in the shower and then pat it dry. DO NOT PEEL THE TAPE OFF. If it falls off on its own, please replace with Micropore paper tape (from the chemist)
- The wound has been put back together with stitches. Over the stitches you have some brown paper tape called Micropore tape. You can get this brown paper tape lightly wet in the shower and then pat it dry. DO NOT PEEL THE PAPER TAPE OFF. If it falls off on its own, please replace with new paper tape (from the chemist)

Follow up appointment: .....  Kogarah  Miranda

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