

Post Operative Instructions

Wound Care

- The local anaesthetic will wear off in a few hours. After that you may need some Panadol.
- Always clean your hands before touching or caring for your wounds.
- 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:

- ☐ Leave dressing/s dry and intact for 2 days. After this time you may remove the outer dressing. Leave the brown tape beneath this intact and you can get this lightly wet but do not submerge it under water. Pat dry. Leave the brown tape over the wound until you see Dr Shepherd.
- ☐ Leave the brown tape dry for 2 days. After this time you may get the brown tape lightly wet but do not submerge under water. Leave the brown tape over the wound until you see Dr Shepherd.
- ☐ Leave the Comfeel dressing dry for 2 days. After this time you may get the Comfeel dressing lightly wet but do not submerge it under water. Pat dry. Leave the Comfeel dressing on until you see Dr. Shepherd.
- ☐ Leave dressing/s dry and intact for ____ days. After this time you may remove the dressing/s and shower. Do not submerge the wound under water and do not rub the wound vigorously. Pat dry, and you may leave the wound uncovered.
- ☐ Leave the wound dry for 24 hours. After this time you may get the wound lightly wet but do not submerge it under water. Apply Vaseline 2 – 3 times a day. Always clean off old Vaseline before reapplying.
- ☐ Leave dressing/s dry and intact until seen by Dr Shepherd.

Follow up appointment:

at: ☐ Kogarah Rooms

