

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 the grey foam (Mepilex AG) and waterproof plastic dressing (Tegaderm) dry for 2 days. After this time you may get the dressing lightly wet. Pat dry. Leave the dressing on until you see Dr. Rastogi / Dressing Clinic. If the Tegaderm starts to lift, please keep dry.
- Leave the Comfeel dressing dry for 2 days. After this time you may get the Comfeel dressing lightly wet. Pat dry. Leave the Comfeel dressing on until you see Dr. Rastogi / Dressing Clinic.
- Leave Steri Strip dressing dry for ____ days. After this time you may get the Steri strip dressing lightly wet. Pat dry. Leave the Steri strip dressing on until you see Dr. Rastogi /Dressing Clinic
- Leave the wound dry for 24 hours. After this time you may get the wound lightly wet. Apply Vaseline 2 – 3 times a day. Always clean off old Vaseline before reapplying.
- Leave dressing/s dry and intact until seen by Dr. Rastogi / Dressing Clinic

Follow up appointment:

Follow up appointment:

Follow up appointment:

at: Kogarah Rooms

