

DO NOT SMOKE as smoking delays healing, increases risk of infection and complications can result.



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Please notify us if you experience any of the following;

- ❖ Heavy bleeding from the incision site that is difficult to control.

- ❖ If you have severe or increasing pain not relieved by Panadol

- ❖ Temperature above 38 degrees Celsius or chills

- ❖ Redness around the incision site that is spreading

- ❖ Pus or discharge that is foul smelling

Information for patients and Family

Care Following skin excisions;

Skin Flaps; Shave lesions

Name.....
Your next appointment with us is:
Time.....
Date.....

Dressing and Suture Care Instructions

[] **Face ; Head**

- If you DO NOT have a dressing or head bandage applied after surgery you may wash the sutures (stitches) daily with soap and water, and apply ointment 3 times a day.
- In the shower the areas can be exposed to running water a few minutes a day and hair may be washed.

[] **Body; Arms; Legs**

- These areas will have a shower proof dressing applied over the stitches to soak up any blood.
- Leave dressings intact until post op visit.
- If you have a pressure bandage on your arm or leg you may remove it after 24 hours.

[] **Shave Lesions**

- Leave the dressing on for 2 days. Keep it dry and intact. After 2 days wash the area once a day with soap and water, and apply ointment 3 times a day. Ensure shaved lesions are not exposed to the sun while healing (7-10 days) as pigmentation could occur.
- Sun protection is also very important once healed to minimise skin colour changes.

PAIN

- ❖ Severe pain following surgery is uncommon but some discomfort may be noticed.
- ❖ Panadol or Panadeine 4-6 hourly is suitable if pain relief is required
- ❖ Do not take anti-inflammatory medications eg. Aspirin or Ibuprofen as they may cause excessive bleeding.
- ❖ For patients who take anti-coagulants or daily Aspirin., please remain on them unless otherwise specified.

Bleeding

- ❖ It is relatively common to have some bleeding after surgery for the first 24-48 hours.
- ❖ To reduce the possibility of bleeding limit all activities for the first 24hr
- ❖ Keep the operated site elevated.

- ❖ If your surgery was on the face or head avoid bending, heavy lifting or straining and sleep with your head and shoulders elevated on extra pillows.
- ❖ Often it may start 5-6 hours after the procedure when the local anaesthetic has worn off.
- ❖ If this happens DON'T PANIC!
- ❖ The treatment is pressure and elevation.
- ❖ Elevate the wound if it is an arm or leg to at or above heart level.
- ❖ If bleeding occurs to an area on your head, sit up.
- ❖ For any area on the body bleeding should stop if moderate continuous pressure is applied directly over the wound for 15-20 minutes with a clean gauze or cloth.
- ❖ If bleeding continues apply firm continuous pressure for an additional 20 minutes as before. Apply pressure bandage if appropriate.
- ❖ This almost always stops bleeding.
- ❖ Should bleeding persist please notify our rooms or go to the nearest Medical Centre or Emergency Department.

Bruising and Swelling

- ❖ This is common following any surgical procedure.
- ❖ For any surgery to the face especially close to the eye, the skin colour will frequently become "black and blue". The eye may even swell to become closed. Swelling will slowly decrease over the next few weeks.
- ❖ Bruising may appear in areas other than where the surgery has been performed.
- ❖ ICE will help to minimise bruising, swelling, pain and bleeding.
- ❖ A plastic bag filled with crushed ice in a tea towel is sufficient. 20 minutes on 20 minutes off during the first 48 hours.

