

MINOR SURGERY AFTER-CARE

Wound Care:

- Keep wound dry for the first 24 hours following the procedure.
- The adhesive dressing (directly on the wound) should stay on until you return to have the wound checked or sutures removed (normally dissolving sutures are used). Occasionally some skin can become extremely irritated from the dressing so do remove if necessary.
- A smaller padded dressing is placed on top of the large dressing, due to a small amount of wound ooze which is to be expected. This padded dressing is to be removed prior to your first shower but leave the adhesive dressing beneath intact.
- The remaining dressing can get wet in the shower and can then be patted dry.
- Do not soak wound in bath, spa or swimming pool.
- Avoid activities that will put extra strain on the wound area, e.g. heavy lifting, sporting or gym activities (check activities with doctor).
- If wound bleeds apply firm pressure directly to the wound for 10-15 minutes or until it stops. If this fails to control bleeding please phone us.

Pain:

- When the local anaesthetic wears off (1-4 hours) you may require some pain relief. Paracetamol is all that should be required.
- Your wound may or may not be uncomfortable during the first 24 hours and this is normal. However, if the pain increases after this time please phone us on (03) 961-6666 or your GP.

Wound Infections:

- Wound infections **do not** occur very often.
- But be aware of signs and symptoms –
 - Increasing pain
 - Redness
 - Feeling of heat around the wound
 - Discharge of pus
 - General unwellness

If you develop any of these signs please contact us (03) 961-6666 or your GP, as you may need antibiotics.

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