

Postoperative Instructions: Surgery for Skin Lesions

Patient:

Procedure:

General Postoperative Care:

- Please rest after surgery to minimise bleeding, bruising and infection. Strenuous or heavy activities within the first 48 hours may cause bleeding from the wound. Exercise and excessive sweating within the first 72 hours may increase inflammation and cause infection.
- Please take your pain-killers when required, this can decrease your blood pressure and risk of bleeding or oozing from your wound.

For wounds on your head/neck area:

- Refrain from bending over with your head down below your heart for the first 24 hours. This can cause bleeding from your wound.
- Sleep on 2-3x extra pillows for 2 nights to minimise swelling and bruising.
- It is not unusual to ooze or bleed a little from your wounds on the 1st night, so use a towel on your pillow to protect your pillowcase.
- Ice packs can be used to minimise bruising and swelling. It is most effective in the first 2 hours but can be used up to 24 hours after surgery. Please wrap the ice-pack with a tea-towel or Chux wipe and apply to the area. Change the icepack every 20 minutes.

For wounds on your leg:

- Elevate your leg as much as possible for 3 days to minimise swelling. Swelling can cause strain on your stitches and cause your wound edges to separate.
- Elevation is also important to prevent fluid/blood accumulation in your wound, as this may cause oozing from your leg and increase the risk of infection.
- Avoid direct impact or weight on your wound/stitches. Both can cause your wounds to tear or bust open.

If your wound starts to bleed or ooze:

1. Elevate the area. If the wound is on your head and neck area, sit up. If the wound is on your leg, elevate your leg to be level with your hip. If the wound is on your arm, rested on 2-3 pillows in your lap so it is above your heart in front of you.
2. Apply firm, constant pressure on the dressing for 10 full minutes.
3. DO NOT try to remove the dressings or pick off any scabs/dry blood, as this will pull off any stable clot and cause further bleeding.
4. If you suffer from high blood pressure, make sure you have taken your usual medications.
5. Sit in a cool area or turn on the fan/air-conditioner if it is hot.

If it continues, go to your nearest emergency department.

Instructions for your Wound Care: (please comply with the one ticked for you)

- Leave the tape in place for as long as possible. Keep your wound dry for 2 days. During this time, you can use a damp towel to wipe around the tape. After 2 days, you can wash over the tape in the shower with soap as normal and pat dry. Do not remove the tape until review. If the tape falls off, wash over the stitches in the shower with soap as normal and apply a thin smear of Vaseline to the stitches/wound 3 times a day.
- Keep your stitches dry for 24 hours, then shower with soap/shampoo as normal. Pat dry and apply a thin smear of Vaseline to your stitches/wound 3 times a day.
- The lip: for the stitches on the red part and inner surface of your lip, apply Vaseline as often as required to keep the sutures moist.
- Leave your waterproof dressing intact for 3 days. After 3 days, remove your waterproof dressing; underneath is a white fabric tape. Leave this white tape in place. Treat the tape like skin, you can shower and use soap as normal over the tape. Pat dry. Do not apply another waterproof dressing.
- Keep your dressings clean, DRY and intact until your follow-up appointment. If your dressings become soiled or wet, please ring the rooms and speak to our practice nurse.

Your Medications:

- For Pain: Take two Panadol or Panadeine or Panadeine Forte every 6 hours or as required. In addition, you may also take: _____
- Antibiotics: Please start your antibiotics as soon as possible after your procedure. Follow the instruction on the box as dispensed by the pharmacist. You will need to take them for _____ days.
- If you have any vomiting or diarrhoea associated with either the antibiotics or pain-killers, please cease them immediately.
- Blood Thinners: If you have stopped your blood thinners before surgery, you can restart it the day after your procedure. Please take your usual dose at your usual times, unless otherwise instructed.
- Diabetic Medication: If you have stopped or adjusted your diabetic medications prior to surgery because you were fasting, you can restart it as soon as you have started eating and drinking normally again. Please take your usual dose at your usual times. Please do not restart it if you are vomiting.

Your Postoperative Appointment: (Please follow the instruction ticked for you)

- Your follow-up appointment will be with
 - our practice nurse in the dressing clinic
 - your surgeon

Date _____ Time _____ at

- Sunnybank Australis Specialist Centre Clinic
- Everton Park Clinic

- You will need to see your local GP/Nurse for follow-up with the attached letter

Contacts Us

Our office is open Mon-Fri (excluding public holidays) 9am to 4pm. Please ring the office if:

- You have any problems or concerns during these working hours
- You need a medical certificate or prescription
- You need to book/change an appointment

For any after-hour emergencies, please present to your nearest emergency department.

Please note, our emails are not monitored outside office hours. Please do not contact us via social media or website for any medical advice.