

## Skin Lesions Post Op Instructions



### Rest

- ✓ Go home and rest if the surgery was on your arm or leg. Elevate the area operated on using pillows for the first week (to reduce swelling.)
- ✓ If the surgery was on your face, avoid hot drinks for the 1<sup>st</sup> day and do not bend over for the first few days but rather squat if you need to reach down.
- ✓ Exertion and bending down will increase swelling and produce haematomas in facial wounds.

### Bleeding

- ✓ If your wound bleeds, simply apply firm, continuous pressure for 15-20 minutes.
- ✓ If the wound is on a limb, apply a firm bandage over the top of your dressing.
- ✓ All bleeding will stop with elevation and pressure.
- ✓ If you have continued problems eg. Continued bleeding or swelling on one side of your face, contact Dr Belt on the numbers below.

### Wound Care

- ✓ Single Layer Dressing: Keep dry for 48 hours then shower over dressing. Dry off with cool hair dryer. Leave dressing intact for a week then it will be changed by the nurse at your one week review. If you are not being seen for two months, then it is necessary to change the dressing once per week. Remove the dressing once a week prior to having a shower, wash the wound in the shower, and when the wound is dry replace the tape exactly as it was put on at the time of surgery. Keep doing this on a weekly basis until you return to see Dr Belt.
- ✓ Double Layer Padded Dressing: Remove the padded layer after 48 hours then shower over dressing. Dry off with cool hair dryer. Leave dressing intact until you return to the doctor.
- ✓ Open Wounds: Clean wound up to 4 times a day. Use salty water on a cotton bud removing all scabs and crusts from wound. Then apply a light smear of Chloromycetin ointment to the wound. Apply using clean hands, then store the ointment in the fridge. Keep your wound out of the shower for 48 hours. After 48 hours you are able to get the wound wet in the shower water.

### Pain Relief

- ✓ Take paracetamol or paracetamol with codeine for pain.
- ✓ Do not take Aspirin (unless prescribed) as it prolongs bleeding.
- ✓ Contact Dr Belt if pain relief is inadequate.

### Infection

- ✓ Please remember to take your antibiotics regularly as prescribed
- ✓ Wound infection is an infrequent occurrence. Contact Dr Belt if you experience:
  - Increased pain, temperature and flu-like symptoms
  - Widespread redness
  - Offensive discharge coming from the wound

### Exercise

- ✓ Keep exertion to a minimum or a gentle walk for the first 2 weeks gradually increasing over the next 3-6 weeks.

Please contact my rooms at any time during office hours if you have any concerns. In the uncommon event that you cannot contact Dr Belt or his colleagues in an emergency, please present to Greenslopes Private Hospital Emergency Department for treatment.

### Contact Numbers for Dr Belt:

Office: 07- 3852 6800

Mobile: 0414 752 358

Pacific Plastic Surgery Clinic, Level 1, 38 Misterton Street, Fortitude Valley Q 4006

If you have any problems post operatively, please contact me on the above numbers. I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.