

BASIC WOUND CARE

WHAT TO EXPECT

- You will receive a phone call the day after your operation to hear how you are and to arrange a follow-up appointment with the wound sister or with Dr Patel.
- There will be swelling, bruising, numbness, tightness, and tenderness around the wound site for a few days.
- The wound site will be red and hard in the beginning and will gradually fade and soften over time.

WOUND SITE CARE

Care of skin graft

- If you have a skin graft and a bolster dressing is used (usually yellow in colour), **DO NOT REMOVE OR GET IT WET FOR 14 DAYS**. The dressing will be removed by the wound sister and wound care advice will be given.
- You can clean the dry blood around the wound with a clean face cloth.

Care of other wounds

- You may have sutures that the wound sister will remove, or self-dissolving sutures.
- You can get the wound wet; shower if possible but please do not soak in a bath.
- The wound may ooze for the first day or two.
- If the dressing becomes soaked in blood, remove the dressing gently, wash the wound with normal soap and water, pat dry.
- Apply the Micropore tape over the wound site.
- Apply ointment on top of the Micropore tape.
- Micropore tape to be changed every three to seven days.
- Massage the scar once the wound has healed.
- Avoid sun exposure and use a sun block regardless of the weather.
- You may use cold compresses for comfort and to reduce the swelling.

PAIN MANAGEMENT

- Take pain medication as prescribed.
- Take it regularly, do not wait until you start feeling pain. Treating pain early usually brings faster pain control.
- Side effects of pain medication can be drowsiness, dizziness, nausea, vomiting and constipation. (The side effect is lessened if medication is taken with food.)

NAUSEA AND VOMITING

- This is not so common with modern anaesthetics and if it does occur, it usually does not last long.
- If it persists, keep taking fluids but avoid food.

WHEN TO CALL THE DOCTOR

- Increased swelling and bruising after a few days.
- Increased pain which is not relieved by medication.
- Draining fluid that has an odour from the incisional site.
- Bleeding that will not stop after applying pressure.

CONTACT NUMBERS

WOUND SISTER: 066 017 8256 | ROOMS: 044 73 2228 | DR C PATEL: 083 260 5528

DISCLAIMER

These documents give you information about a surgery you are considering. These documents explain the risks of that surgery. They also discuss other treatment options, including not having surgery. However, they cannot cover everything. Your plastic surgeon may give you more or different information. This may be based on the facts of your case. Informed instruction documents are not meant to define or serve as the standard of medical care. Standards of medical care are determined based on the facts involved in an individual case. They may change with advances in science and technology. They can also change with the way doctors practise medicine.