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Plastic and Reconstructive Surgeon Provider No.0293559B

Postoperative Instruction Sheet

Limb flaps

Following your operation, you can expect:

1. Oozing and even bleeding. This is normal. When this occurs, you should: Apply pressure with a cool pack – for 15 to 20 minutes each hour and elevate the area (lie down with leg elevated or arm or pillow). You should find that the bleeding will settle with 15-20 minutes of continuous pressure.
2. Some pain and discomfort is expected. Take **Paracetamol** as required. Applying a COOL PACK and PRESSURE helps treat the discomfort.
3. Bruising is normal. This will worsen over the first two days then begin to settle.
4. You should keep your wound dry for the first two days. The wound can then be gently washed in the shower and pat dry. **Apply ointment/paraffin three times per day**
5. It is very important to avoid any regular exercise. This can irritate the wound, increasing the risk of infection and wound breakdown. You should avoid stretching the wound or surrounding skin.

DRESSING CARE

Keep your dressings dry and intact for the first 2 days, after this the wounds can then be gently wet in the shower and pat dry. You will then need to blow dry the white dressing dry. Keeping your wounds dry and clean will help prevent infection.

Following removal of your sutures your wound will be taped with MICROPORE. The tape should be changed as infrequently as possible, **ideally only changed weekly**. You should keep the wound taped for at least 2 weeks following removal of the original dressing. Preferably 2-3 months for best scar results. The longer you can tape the wound for the better.

Dr Bayley will advise you when you are to make a post op review with our nurse for removal of your sutures, this is usually 1 week post procedure for dressing change and then week 2 for removal of sutures.

Please phone the rooms to make this appointment with the nurse

RING THE ROOMS IF YOU NOTICE: increased redness or swelling, drainage of blood, pus or other fluid OR increased pain

REMEMBER:

- Rest** (very Important)
- Ice** (cool do not freeze)
- Compression**
- Elevation** (sit up, do not lie down)

MASSAGE

Massaging your scar is important to achieve the optimal result. It will also give you the best possible scar in the shortest time. You will find that the scar will thicken over the first 4 to 6 weeks postoperatively. Massaging will help settle this. The scar is often also red. This is normal, it simply reflects an increased blood supply to the scar during the maturation phase.

Massage can start once the flap is healed and sutures are removed. Massage can be done on top of the tape, twice daily for 12 weeks for best scar results.

IF YOU HAVE ANY CONCERNS OR ARE WORRIED ABOUT WOUND INFECTION THEN PLEASE PHONE DR BAYLEY'S ROOMS (07) 3397 9999 OR AFTER HOURS 0402078245

The aim of firm pressure is to remove the oedema and swelling from the incision scar. This will help improve the contour of the operated area. Pinching up the scar will also help prevent indenting of the scar, by attending to stretch the scar.

It is normal to expect the wound to be tender. Massaging the scar will help the tenderness and sensitivity to settle. Massage can stop when the scar has softened.

The scar will stretch and this is expected to some degree. The scar should remain flat with taping and massage. If you think you are having problems with your scar then please contact Dr Bayley's rooms.

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