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Plastic and Reconstructive Surgeon Provider No.0293559B

Postoperative Instruction Sheet Trunk and Limb Direct Closures

Following your operation, you can expect:

1. Oozing and even bleeding. This is normal. When this occurs, you should:
2. Apply pressure with a cool pack – for 15 to 20 minutes each hour and elevate the area (sit up or lie down with your leg elevated) You should find that the bleeding will settle with 15-20 minutes of continuous pressure.
3. Some *pain* and *discomfort* is expected. Take **Paracetamol** as required.
Applying a COOL PACK and PRESSURE helps treat the discomfort.
4. Bruising is normal. This will worsen over the first two days then begin to settle.
5. You should keep your dressings dry for the first two days. You can then gently wet the dressing in the shower and pat dry. **All dressing should be left intact until reviewed by our nurse.**

REMEMBER:

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

Often Dr Bayley is able to close the wounds without external sutures and if that is the case the wound edges may appear raised till the sutures dissolve.

You should have a post operative review with our nurse 1 week post your procedure

Please phone the rooms to make this appointment 07 3397 9999

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

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 wound 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.

Starting one week after surgery, you should massage the scar for a few minutes twice a day overtop of the tape. In the **first week** of massaging, you should massage in a soft circular motion. In the **second and subsequent weeks** you should massage firmly, applying pressure to the scar and/or flap.

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. It is normal to expect the wound to be tender. Massaging will help the tenderness and sensitivity to settle. Stop massaging the scar when the scar starts to soften. It is recommended to massage for 12 weeks for best scar results.

In the second week, you should start pinching the scar to help prevent scar indenting. Pinching up the scar will also help prevent indenting of the scar, by attempting to stretch the scar. You should expect the scar to be mostly settled by six weeks, but still pinky red in colour. Some people will find that it will take a number of months for the scar to start to settle. Generally, you will find that the scar will continue to improve and fade over the next 6 to 12 months.

SURFACE SUTURES

If you have surface sutures, you should keep your wounds clean and dry for the first two days. You can then wash the wounds in the shower and dry with a blow drier until they are completely dry. **Keeping your wounds dry and clean will help prevent infection.** Following removal of your sutures your wound will be taped with MICROPORE TAPE. The tape should be changed weekly for a total of 12 weeks for best scar results. You should keep the wound taped for at least 2 weeks after removal of the original dressing. **The longer you can tape the wound the better.**

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