



Jeremy Richardson
SPECIALIST PLASTIC SURGEON

Post-operative Information & Scar Management Instructions

Your method of repair was:

- Direct closure Flap Secondary intention – wound left open to heal
 Split thickness skin graft (SSG) Full thickness skin graft (FTSG) Other:

Your dressings are:

- Opsite spray Micropore tape Steri-strips Jelonet Xeroform Chlorsig
 Silicone gel Gauze Velband Crepe Acticoat Splint
 Garment Drain Other:

Instructions

- Keep the operated area and dressing dry and intact until review.
- Apply Chlorsig ointment to the area morning and night until review.
- Keep the operated area dry and intact for 24 / 48hrs, then remove the crepe dressing and shower.
- Change or reinforce Micropore tape only if necessary.
- Apply ice compressions to the area for 5-10 minutes, every 1–2 hours in the first 12–24 hours.
- Keep your head elevated with 3 pillows for 48 hours.
- Keep your hand / arm elevated.
- Toilet privileges: you may walk to the toilet, but otherwise, rest and keep your leg elevated.

Post-operative bleeding and complications

- With any surgery, complications are possible, although unlikely.
- **Minor bleeding** may be stopped by applying continuous firm pressure with clean tissues for 10 minutes directly over the incision / dressing - time by the clock. If bleeding continues, apply a further 10 minutes of pressure. Should bleeding not stop, contact Dr Richardson immediately, as per below.
- **Please contact Mr Richardson's Rooms if you experience any of the following:** significant bleeding, major swelling, severe pain, redness, unexpected numbness, discharge from the wound, separation of the wound edges or if you have any concern:

During business hours	(03) 9486 6721
After hours:	0456 668 469
All medical emergencies	000 or your GP

Analgesia (Pain Relief):

- Some discomfort following surgery is usual and typically begins 2-12 hours after surgery when the local anaesthetic wears off. Taking regular paracetamol (Panadol) or paracetamol with codeine (Panadeine) controls most discomfort.
- A short course of Aspirin or other Non-Steroidal Anti-inflammatory Drugs (NSAID) for pain relief may be used, but taken long-term may increase your risk of bleeding.

Do Not:

- **Put your head down too quickly**, if you have had surgery on your head or neck, as this may increase bleeding at the surgical site.
- **Lift heavy items or do vigorous exercise.**

Note:

- **Rest** is important - you should go home and rest quietly.
- **Elevate the area** – sit up on the couch or use an extra pillow in bed.
- **Avoid vigorous exercise** for 1-2 weeks, until advised to return, by Dr Richardson.
- **Avoid smoking**, as this is detrimental to your wound healing.
- **Swelling, bruising and stiffness can occur after surgery.** Some numbness at or near the operation site is normal and usually resolves after a few months.
- **Avoid hot or cold drinks** immediately after surgery around the mouth, until the local anaesthetic has worn off.

Scar management after suture removal

For incisions and scars:

1. **First 6 weeks:** Apply **Micropore tape** to the incision(s). You may get this wet in the shower - it will dry or you may gently dry it with a hair drier. Replace the tape every 3-4 days only if soiled or unstuck.
2. **Before replacing the tape after showering:** apply a simple **moisturiser** and massage the area.
3. From **6 weeks to 6 months** after surgery: massage **silicone gel** (e.g. Kelocote) into the incision morning and night.
4. Thereafter, apply a simple **moisturiser** and daily **massage** the area.

For skin grafts or scalp incisions:

1. Apply a small amount of **Vaseline / Chlorsig ointment** to the area morning and night until it is dry and healed.
2. Cover the graft with a simple light dressing when going out.
3. From **2 weeks to 6 months** after surgery: massage **silicone gel** (e.g. Kelocote) to the incision morning and night.
4. Thereafter, apply a simple **moisturiser** and daily **massage** the area.

Scar management

- Scar taping and massaging will significantly improve your scar’s appearance.
- For approximately 3-4 months following surgery, your scar will be raised and lumpy. The scar will be visible and pink for 12 months, and fade to a mature pale line by 18 months when final cosmetic result will become apparent.
- **Sun protection:** Apply a block-out to all scars using either sunscreen or Micropore tape. The scar will be more sensitive to sunburn, resulting in long-term discolouration of the scar.

Discharge Medications prescribed

Yes No

- Drugs: Keflex Erythromycin Other:
 - Amount prescribed: 250mg 500mg Other:
 - Course: Twice / Three / Four times a day for days
 - Repeat: Yes No
 - Other prescriptions:
- Script and drug information will be supplied by the pharmacy when dispensed.

Follow-up Appointments – refer to appointment card

- Other appointment details:

Discharge Nurse

Signature:

Name: Date: / / 20