



## Post Operative Care – Skin Surgery - Instructions and Information

Most Facial/Neck Lesions	
<b>Dressings</b>	<ul style="list-style-type: none"> <li>- Will has placed a dressing in the sterile environment of the operating theatre, and this is ideally left intact until your first post-operative review (typically 7-10 days post operatively)</li> <li>- The tape can get wet in the shower from day 2 post-operatively, and simply allowed to air dry</li> <li>- A bit of shampoo/body wash is not an issue</li> <li>- ELEVATION = is key. This will reduce pain, throbbing, and bleeding. Use an extra pillow to sleep, and avoid bending over to do up shoe-laces etc</li> <li>• If the dressing comes off, and:               <ul style="list-style-type: none"> <li>- The healing wound looks 'fine'; please either replace with similar dressings or use paraffin (i.e. Vaseline) twice a day to the area, and shower normally.</li> <li>- The healing wound is bleeding, or you are concerned; call us and/or send a picture to our email <a href="mailto:alexander@vhsa.com.au">alexander@vhsa.com.au</a></li> </ul> </li> </ul>
<b>Medications</b>	<ul style="list-style-type: none"> <li>- Resume/ Continue taking your normal medications the day after surgery unless we have explicitly instructed you otherwise</li> <li>- We recommend regular paracetamol +/- ibuprofen for at least the first 2-3 days after surgery (assuming you are safely able to take these medications). If stronger pain relief requirements are expected, we will provide a prescription on the day of surgery.</li> </ul>
<b>Pathology Results</b>	<ul style="list-style-type: none"> <li>- We will inform you of the pathology result at your first post-operative visit. It usually takes ~3-6 days for the results to be available. If you are worried and would like a phone call as soon as we have them, let us know.</li> </ul>

If you have concerns or questions, you can phone 03 9412 8890 or email [alexander@vhsa.com.au](mailto:alexander@vhsa.com.au)



Complex Nose and Ear Lesions	
<b>Dressings</b>	<ul style="list-style-type: none"> <li>- Will has placed a dressing in the sterile environment of the operating theatre, and this is ideally left intact until your first post-operative review (typically 7-10 days post operatively)</li> <li>- Because noses/ears have a tendency to bleed more than other areas on the body, it's best to keep the dressings dry and intact until follow-up. You can still shower from the neck down, etc</li> <li>- ELEVATION = is key. This will reduce pain, throbbing, and bleeding. Use an extra pillow to sleep, and avoid bending over to do up shoe-laces etc</li> <li>• If the dressing comes off, and:               <ul style="list-style-type: none"> <li>- The healing wound looks 'fine'; please either replace with similar dressings or use paraffin (i.e. Vaseline) twice a day to the area, and shower normally.</li> <li>- The healing wound is bleeding, or you are concerned; call us and/or send a picture to our email <a href="mailto:alexander@vhsa.com.au">alexander@vhsa.com.au</a></li> </ul> </li> </ul>
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Body/Arms/Back	
<b>Dressings</b>	<ul style="list-style-type: none"> <li>- Dressings:</li> <li>- Will has placed a dressing in the sterile environment of the operating theatre, and this is ideally left intact until your first post-operative review (typically 7-10 days post operatively)</li> <li>- The tape can get wet in the shower from day 2 post-operatively, and simply allowed to air dry</li> <li>- A bit of shampoo/body wash is not an issue</li> <li>- ELEVATION = is key. This will reduce pain, throbbing, and bleeding. We may provide you with a sling as appropriate</li> <li>- If an area needs to be kept still/protected, we will let you know and Will may use a Plaster of Paris splint to immobilise a joint.</li>   <li>• If the dressing comes off, and:               <ul style="list-style-type: none"> <li>- The healing wound looks 'fine'; please either replace with similar dressings or use paraffin (i.e. Vaseline) twice a day to the area, and shower normally.</li> <li>- The healing wound is bleeding, or you are concerned; call us and/or send a picture to our email <a href="mailto:alexander@vhsa.com.au">alexander@vhsa.com.au</a></li> </ul> </li> </ul>
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<b>General</b>	<ul style="list-style-type: none"> <li>- Feel free to move within the constraints of the dressing- Will often uses Plaster of Paris half-cast or aluminium splints, so the important areas are protected. But please no heavy lifting until we have given you the "all-clear".</li> </ul>
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Lower Legs	
<b>General</b>	<ul style="list-style-type: none"> <li>- Any surgery that takes place below the knees has higher rates of complications such as bleeding, infection, and slow healing. This relates to the relatively poor circulation in the area, and the oedema (swelling) that occurs</li> <li>- Surgeons traditionally would admit patients for 5 days after these surgeries to slow them down and improved wound healing. We don't do this (for lots of reasons) but it does reflect how problematic these wounds can be!</li> <li>- As such, when we advise you to 'take it easy' after the surgery we very much mean it. Walks should be kept short (i.e. around the house only), the leg should be elevated whenever possible throughout the day</li> <li>- ELEVATION, ELEVATION, ELEVATION!</li> </ul>
<b>Dressings</b>	<ul style="list-style-type: none"> <li>- Will has placed a dressing in the sterile environment of the operating theatre, and this is ideally left intact until your first post-operative review (typically 7-10 days post operatively)</li> <li>- Please keep the dressings dry and intact until follow up</li> <li>- ELEVATION = is key. This will reduce pain, throbbing, and bleeding. Use a pillow to elevate the leg when on the couch or in bed</li> <li>• If the dressing comes off, and:               <ul style="list-style-type: none"> <li>- The healing wound looks 'fine'; please either replace with similar dressings or use paraffin (i.e. Vaseline) twice a day to the area, and shower normally.</li> <li>- The healing wound is bleeding, or you are concerned; call us and/or send a picture to our email <a href="mailto:alexander@vhsa.com.au">alexander@vhsa.com.au</a></li> </ul> </li> </ul>
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