



MR DANIEL BUNKER
Plastic & Reconstructive Surgeon
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Patient Information: General Wound Care

Wound Care

- Keep wounds clean and dry until post-operative review unless otherwise instructed.
- Avoid any intense physical activity after surgery and until at least your first post-operative review where you will be advised further. Exertion increases your blood pressure which can lead to bleeding, while tension on the wound edges can lead to dehiscence (separation of the skin edges).
- Rest and elevation are generally helpful in minimising swelling and discomfort where practical (this is particularly relevant to operations on the extremities).
- After removal of sutures, application of moisturiser (such as Sorbolene™) and massage or the use of paper tape (Micropore™) may help to improve the final scar.
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Bleeding: There is occasionally some 'strike-through' present on the dressings – simply removing the dressing exposes the sterile wound to infection. If ooze is noted, attempt direct pressure for 10-15 minutes. If available, something cold (such as ice wrapped in a towel) is best. If the bleeding does not settle, see Concerns.

Post-operative review

Details given at time of surgery – either at rooms or with your general practitioner.

Analgesia

Paracetamol 1 gram every 6 hours is suitable for most cases. If required, further analgesia will be prescribed at the time of surgery.

Infection

Infection can present as increased pain, redness, ooze or malodour. If you have concerns regarding infection please call (03) 6388 8118.

Results

Pathology results may take up to two weeks to become available.

Concerns

If concerned please contact (03) 6388 8118. In an emergency or out of hours please contact the Plastic Surgical Registrar at Launceston General Hospital on (03) 6777 6777 who will contact Mr. Bunker.

Daniel Bunker

SPECIALIST PLASTIC SURGEON