

Advice Following A Minor Operation

I hope you are satisfied with the surgical procedure. Please note the following:

Wound Management:

1. If your wound is covered with a waterproof dressing, you can shower but not bath. Pat the dressing dry, and do not rub it. If the inside of the dressing becomes wet, please get the dressing changed. Wounds need to be kept covered for 5 – 7 days.
2. If provided with an ointment, apply it to the wound 3 times every day for 3 days. Avoid washing the wound during those days. On the 4th day, stop using the ointment, and you can wash the wound.
3. Wounds covered with glue can have water on them; just dap it dry, and don't rub.
4. Where possible, keep wounds elevated to reduce swelling; this is especially important for surgery on the lower limbs. Sleeping with two pillows for the first 2 nights is advisable for surgery on the head and neck.
5. Avoid strenuous exercises and stretching the skin around the wound for a few days.

Pain relief

1. Use Panadol or Panadeine for pain relief (Not both); those are available from your local supermarket. Take 2 tablets (**of either**) each time, up to 4 times a day, with no less than 4 hours intervals between the doses.
2. Non-steroidal Anti-inflammatory drugs (e.g., Ibuprofen, Nurofen, or Voltaren) can be used for a short period of time, taken with meals; please notice they cause bleeding tendency or gastric upset, consult your doctor if required for more extended periods.
3. Occasionally a prescription for Tramadol or Codeine is provided; please note that these drugs cause drowsiness; do not drive or operate heavy machinery when using them.

Possible complications

1. Bleeding: remove the dressing, then apply direct firm pressure to the wound itself, using a dry clean cloth (Gauze might have been provided to you after the procedure). Keep a firm pressure for 10 minutes at least, Do **not** apply a tourniquet. If the bleeding does not stop, go to the emergency department or urgent care clinics. You will need to have the wound covered with a sterile dressing after the bleeding stops.
2. Infection: if the wound becomes red, hot, and painful, or you notice excessive discharge into the dressing, please get in touch with your doctor for an examination.

Follow up

1. (No) Stitches to be removed indays, by
2. A copy of histology results will be available at your doctor's office in about 10-14 days.

Regular medication

1. You can take all your regular medications after the procedure.
2. If you are on any blood-thinning drugs (e.g. Dabigatran, Pradaxa, Warfarin, Aspirin, Disprin, Cartia, Clopidogrel, etc.) resume the normal dose on the day after the procedure unless there is excessive bleeding. Consult your doctor if you are worried.

My best wishes for a fast recovery,

Mr Falah El-Haddawi FRCS(Ed), FRACS
Consultant Surgeon