

## **Simple wound care following an operation:**

After the operation a dry waterproof dressing is usually applied before you go home. This is normally a clear, sticky dressing which is placed over another dressing.

You are able to have a shower if the dressing is waterproof. Baths should be avoided for 1-2 weeks but showers are okay.

Never leave a wet dressing on a wound - if the dressing becomes wet it should be removed immediately and replaced.

The dressing can be removed one to two weeks after surgery (unless you are told otherwise). You can see your local doctor for a wound check or, if you feel confident, you can remove the dressing yourself. If the wound appears well healed a new dressing is not needed.

If surgical tapes begin to loosen at edges, trim curling edge. Allow surgical tapes to wear off on their own.

Sutures (stitches) are usually dissolvable; this means that they do not need to be removed. If the sutures are non-dissolving, you will need to return to your local doctor. Usually white coloured sutures are dissolvable and black or blue ones are not.

Use sunblock on healed wounds to prevent darkening of the scar for at least a year after the scar has healed.

## **Signs of a Wound Infection:**

All wounds are potentially at risk of developing an infection. It is important to recognise the signs of wound infection as early as possible:

- The skin around the wound becomes red and may be hot to touch
- Large or increased amounts of discharge from the wound
- A pimple or yellow crust has formed on the wound
- Change in discharge colour - may change from clear to yellow or green
- The wound has an unpleasant smell

**If any concerns please feel free to call our rooms 07 5598 0644**

**Or see your local GP**

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Consulting Locations:

Suite 402, John Flynn Specialist Suites \* Suite 8, Ground Floor, HQ Building, 58 Riverwalk Ave, Robina

Operating Locations:

John Flynn Private Hospital \* Tweed Heads & Murwillumbah Public Hospital

## Hernia/Gallbladder:

**Analgesia: Regular Panadol 2 tablets up to 4 times a day.**

**Movicol 1-2 sachets 2 times a day for CONSTIPATION**

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| Post-op – ONE DAY | Commence walking short distances building up to normal walking distances at one week.<br>Same for light stretching   |
| TWO DAYS          | Ensure your bowels are starting to work or take some aperients. Continue aperients for approx. 5 days or until needed.   |
| FIVE DAYS         | Outer dressing can be removed<br>Leave steri strips on until they fall off<br>Drive car short distances  |
| SEVEN DAYS        | Short haul air flights<br>Remove steri strips if they have not fallen off  |
| TWO – THREE WEEKS | Commence bike riding, swimming (if wounds have healed)<br><u>Low impact</u> core work, light limb weights, pilates, yoga, jogging<br>Sexual intercourse<br>Driving or travelling in a car long distances |
| THREE WEEKS       | Long haul flights  |
| FOUR WEEKS        | Can resume all normal activities EXCEPT heavy lifting, weighted squats and abdominal crunches, golf, tennis, squash and surfing  |
| SIX WEEKS         | Can resume ALL normal activities   |

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