

## **Breast & Axillary, Thyroid & Parathyroid Wounds**

**Wounds** Please leave all dressings intact until your follow up appointment with Dr, no covering or occlusive dressing is to go over steri strips.

For PRINEO dressings please **leave intact** with overlying Jelonet.

For PREVENA dressings please **leave intact** for one week and drains for 9-14 days.

For PREVENA RESTOR dressings please **leave intact** for two weeks & drains for 9-16 days.

There are no sutures that need to be removed as they are all internal and dissolvable.

Do not swim in a pool, ocean or spa for 4 weeks.

Do not rub creams or oils into wound for 4 weeks.

No heavy lifting for 4 weeks.

**Showering** You can shower as normal however be careful not to soak the area. Pat steri strips dry with towel and ensure area is completely dry by drying with hairdryer on cool setting.

**Pain Relief** Regular Panadol is advisable for pain also an ice pack may help if bruising and swelling evident.

Wearing a soft bra (without underwire) may also be more comfortable for a few weeks. Bra can be worn day & night for comfort & support.

### **Signs of Infection**

**Should you develop a fever or the wound becomes hot, red, sore to touch or any discharge please contact the rooms.**

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Please feel free to contact us anytime should you have any questions or concerns

**Skye & Jayne - Practice Nurses**

**07 5598 0644**

**Available in rooms Monday – Thursday**

**[practicenurse@goldcoastsurgicalgroup.com](mailto:practicenurse@goldcoastsurgicalgroup.com)**

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Consulting Locations:

Suite 402, John Flynn Specialist Suites \* Suite 18, Level 1, 14 Hill Street, Southport

Operating Locations:

John Flynn Private Hospital \* Pindara Private Hospital \* Gold Coast Private Hospital \* Tweed Heads Public Hospital