

In Case of Emergency

Dr Tony Moore can be contacted at any time on 08 70894486 to discuss your concerns. If you have a life threatening emergency please call 000.



Your Next Appointment

Date: _____

Time: _____

Location: _____

Dr Tony Moore

Stirling Hospital,
20 Milan Terrace
Stirling, SA, 5152

Phone: 08 7089 4486
Fax: 08 7089 4487
E-mail: admin@drtonymoore.com.au
www.drtonymoore.com.au

Discharge Instructions **Excision with Flap or Skin Graft Surgery**

Dr Tony Moore
MBBS, FRACS

Safe Hands

General Information

Bleeding

It is normal for the sutures to ooze for 24–48 hours. If the area bleeds:

- Sit or lie down and elevate the area treated on pillows.
- In the first 24 hours, it is not uncommon for dressings to be stained by bleeding. If the dressings, however, should become soaked with blood please contact us immediately.
- Apply firm pressure for 20–25 minutes.
- If bleeding does not stop please call us on 08 7089 4486

Pain or discomfort

After your surgery this is normal. Please take your pain medications as prescribed. Do not drive while you are taking prescription pain relievers or sedatives. Aspirin or NSAID's based medicine should not be taken before or surgery as this can increase the tendency for you to bleed. Please check with us or your Pharmacist if you are unsure.

Recovery Post-Op

Avoid strenuous activity, lifting and manual tasks in the initial post-operative period. Sleep with the area treated elevated on a pillow for several days to help reduce swelling. You may shower two day post-operatively avoiding immersion of the area treated .

Excision with Flap/Skin Graft

Some swelling and bruising over the area is normal. The degree of this varies with each person. Sometimes the swelling can cause some temporary changes to symmetry of the area treated. Swelling and bruising will often resolve in the first couple of weeks but in some cases may persist for 3–4 weeks. You may be required to wear a splint or compression bandage to assist with swelling reduction. Feelings of tightness in the area treated and discomfort are all normal in the initial post-operative period. There may be loss of sensation in the area, which may take weeks to months to return.

Most people can return to work 2–3 weeks after surgery. Strenuous activity and exercise should be avoided for the first month. Gentle walking is fine after the first few days. You may need to keep the area treated elevated for some time post operatively.

Some sutures are removed at approximately 5–10 days after surgery. The remaining sutures and/or staples are removed on day 10 approximately.

Donor Site

To care for the donor site:

Leave the dressing in place. Keep it clean and dry.

Your surgeon will remove the dressing in about 4 to 7 days, or give you instructions for how to remove it.

After the dressing is removed, you may be able to leave the wound uncovered. However, if it is in an area that is covered by clothing, you will want to cover the site to protect it. Ask your surgeon what type of dressing to use at home.

DO NOT apply any lotions or creams to the wound unless prescribed by your surgeon. As the area heals, it may itch and scabs may form. DO NOT pick scabs or scratch the wound as it heals.

Scar Management

All surgery results in scarring. To help you to achieve the best results, there are a number of options available to you once healing has occurred.