

POST OPERATION INSTRUCTIONS

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FOLLOW THE INSTRUCTIONS GIVEN BY DR SOMIA CLOSELY - IF YOU EXPERIENCE ANY OF THE FOLLOWING PLEASE CALL US OR AFTER HOURS CONTACT THE HOSPITAL AND ASK FOR DR SOMIA.

- Fever/chills (temperature higher than 38o)
- Heavy oozing/bleeding from the wound
- Increased swelling around the wound
- Increased pain
- Difficulty breathing or passing urine
- Spreading redness around the wound or foul odour

HOSPITAL PHONE NUMBER

- Lakeview Private Hospital – 8624 5000 or 8711 0736 (after hours)
- Prince of Wales Private Hospital – 9650 4000
- Norwest Private Hospital – 8882 8882

BASIC WOUND CARE

LEAVE THE DRESSINGS INTACT UNTIL YOU SEE DR SOMIA. If the dressings fall off and you have been given Chlorsig Eye ointment (also used in plastic surgery) apply to the suture line 3 times per day. If you are concerned about the appearance of the dressing, you can place another dressing on the top. Do not remove the dressing yourself. If the tape falls off use a similar tape or a bandaid.

DO NOT GET THE WOUND WET. You can usually shower fully after the post-operative visit. Until then use a handheld shower or sponge bath. If the tape gets wet pat it dry and let it air dry.

IF THE WOUND STARTS TO BLEED, SIT DOWN AND REST, APPLY GENTLE BUT FIRM PRESSURE FOR 5 MINS WITH THE PALM OF YOUR HAND. Most bleeding will stop. If bleeding continues please contact us or the hospital (seek medical attention). If the wound is itchy, use gentle pressure with the palm of your hand, under no circumstances should you rub the suture line vigorously.

MEDICATIONS

Take your prescribed medications and analgesia such as Panadol. If you feel you need stronger painkillers contact our office. Antibiotics are not always necessary except in special cases. If you have been prescribed antibiotics take them as instructed. You can recommence your regular medications soon after your surgery.

ACTIVITIES AFTER SURGERY

- Avoid smoking/vaping as it delays healing and increases the risk of complications.
- Do not drive, work, act as a carer or sign important documents for 24 hours following anaesthetic. You may find you will need to have a rest in the afternoons following surgery. Check your motor vehicle insurance policy for any restrictions.
- If you have DVT stockings you can remove them when you return home.
- Stay well hydrated, eat well + take it easy for the next day or two.
- Only light activities are permitted until the first post-operative visit. No activities that increase your blood pressure or heart rate should be undertaken for 2 weeks. Walking normally is allowed. Avoid any activity that causes straining, coughing, lifting or stooping. If possible avoid sneezing. Keep your head elevated at night and avoid lying on your side or face.
- Do not use makeup/sunblock over raw suture line until wound completely heals (2-3 weeks).

GYNAECOMASTIA

Avoid shoulder based activity for 6 weeks (including lifting moderate to heavy objects, pets or children, reaching for the top shelf, reaching cabin baggage, pulling luggage off the conveyor belt). Safe driving does not involve significant shoulder movement and is permitted when you feel comfortable and confident. However, getting in and out of your vehicle does involve shoulder movements that can affect your healing. Check vehicle insurance policy for any restrictions.

Avoid lying on your side or face down. Wear your compression garment for 6 weeks 24/7. If you feel pain/discomfort stop. Contact us if it continues or you have an accidental trauma or fall. "Listen to your body". If it hurts, your body is telling you something.

PATHOLOGY RESULTS | MEDICARE/FUND RECEIPTS

Dr Somia will discuss pathology results with you at your post-operative visit. You will usually receive your receipt and claim forms at the same time. The anaesthetist will send you a receipt separately.