

CARE OF YOUR WOUND

- Leave the dressing on for 2 days. The wound needs to be kept dry for 48 hours.
- After removing the dressing, cleanse the wound gently every day with salty water or water and soft soap. Afterwards you may use antiseptic liquid such as Povidone-Iodine (Betadine®). Dry it carefully (you may use cold blow dry).
- The wound may be left open but it is better to cover it with a clean dressing to avoid rubbing of the scar. Replace the dressing every day.
- If Steri-strips have been applied to reinforce your wound, you may use the Povidone-Iodine on them, and if they fall off replace them with the ones provided.
- If the scar is dry or itchy, Vaseline may be applied to the wound once a day for 1-2 weeks.
- Avoid sun exposure to the area as much as possible for the next 6 months at least.
- Swimming and spas are not advised at least until 1 week after stitches removal or complete healing of the wound when no stitches are placed.
- Minimize physical activity for 2-3 weeks after the procedure to prevent wound breakdown. Optimal scar strength is not obtained for up to 3 months. Avoid physical activity that stretches or places tension on the wound for at least 3 weeks.
- After stitches removal, you can apply a scar healing cream to have a better cosmetic outcome of the scar (Cicaplast®, Cicalfate®). Apply it every night for at least 3 months and also apply 50+ sunscreen in the morning if the area is not covered.

Stitch removal:

- Your blue skin sutures should be removed in _____ days by your GP.
- You may also have deeper clear dissolving sutures. These should not be removed.
- If possible, apply Steri-strips across the wound at the time of suture removal to reinforce your wound. They will prevent wound edge separation. These should stay on for at least 4 days, but may stay on for 2 weeks if your GP applies Opsite® spray just prior to applying the Steri-strips.

Pain relief:

After the biopsy/surgery you may experience some discomfort, bruising or swelling. This can generally be controlled with paracetamol, ice and rest.

If there are any problems:

- Minor post-operative oozing of blood onto the dressing is normal and not a cause of concern. If bleeding occurs, this can usually be controlled by firm pressure maintained for 5-10 minutes.
- If your wound becomes red or excessively sore, contact us on (02) 9515 8537, or consult a local doctor.
- For urgent problems outside working hours, please go to your local Emergency Department or contact the Surgical Registrar on duty at Royal Prince Alfred Hospital on (02) 9515 6111. Since our Unit monitors wound infection and dehiscence rates, if your wound has been confirmed to be infected or completely open before or after suture removal it is important that we are made aware of this.

Results:

For pathology results ring (02) 95158537 in 10-15 working days. Your GP will receive a copy of the results.