



Plastic & Reconstructive  
Surgery Melbourne



Lymphoedema and Lipoedema  
Surgery Australia

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## Post-Operative Instructions For Facial Or Scalp Lesion Removal

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### Excision + direct closure or local flap or skin grafts

- Keep your dressings dry and intact until your visit to our nurses dressings clinic.
- Immediately after your operation, you should not feel pain around the site due to the injection of numbing agents during the operation. The numbing agents can wear off anytime between 6 to 12 hours after your surgery.
- It is advisable that when you start feeling the pain sensation returning, you should start taking simple pain killers (such as paracetamol or non steroidal inflammatory drugs eg: Ibuprofen) especially before you go to bed to avoid discomfort.
- Do not wait for the pain to peak before taking them.
- You will also need to see your surgeon and/or our practice nurse for follow up appointments. Appointment requirements will be provided to you on discharge. You will need to contact our rooms to make an appointment according to instructions provided.
- If requested, please see your GP for wound check 1 week following surgery.

### How should I look after my wound?

- In the first 3 days, there is a risk of bleeding and swelling. Most of the pain comes from swelling of the wound.
- Lying flat or bending forward can also cause pooling of blood, which can increase the risk of bleeding and swelling. Sitting upright in a chair or propping your head up on a pillow can avoid this.
- It is normal to have spotting of the dressings but it should not soak through with blood.

### How much can I do?

- Any exertion that can increase your heart rate e.g doing heavy chores or walking up and down stairs, can increase risk of bleeding and swelling in the first 3 days after surgery.
- Walking to the washroom, bedroom or to have meals is all you should be doing for the first 3 days.

### What happens if my dressings fall off?

- If the dressings fall off, apply Chloromycetin ointment (marketed as an eye ointment) twice a day to your wound or skin graft. At this point, you are allowed to shower over it, but make sure the ointment is reapplied each time after you shower.

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*Main Rooms and all correspondence to: 12 Mitcham Road Donvale 3111  
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## Rare Occurrences:

### Pain

It is unusual to have pain that cannot be controlled by keeping your head elevated, avoiding exertion, and taking simple pain relief medication that has been prescribed. At this point, you can take some 'breakthrough' pain killers such as Codeine or Endone (which are morphine based tablets). If this is unable to control your pain, please contact us or your GP, as you will need a review.

### Bleeding

Spot bleeding is normal, but if bleeding starts soaking through the dressings and dripping, put pressure over the dressings (preferably using towel), take some pain killers, and calmly make your way into the nearest emergency department.

## Operation around your eyes

- If you have an operation around the eyelid, it is normal for the eyelid to puff up in the first 3 days of surgery. However, you should NOT have pain inside your eyes. If you do, you need to contact us or proceed to your nearest emergency department.
- Sometimes because of the puffiness, your eyelid may not be able to cover over your cornea (your eyes) and this can cause ulcers. The surgeon may tape the affected eyelid, and ask you to remove it after 3 days. Please make sure the eyelid is taped particularly when you sleep, as you cannot feel the dryness hence cannot blink to moisten your cornea (eyes).

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