

Action:

Appointment

Time: \_\_\_\_\_

Date: \_\_\_\_\_

With: \_\_\_\_\_

**Instructions**

- Leave the original dressing dry and in place for 3 days
- You may shower but cover the dressing with plastic or a temporary waterproof dressing
- Ensure hands are washed thoroughly with soap and water before attending wound care
- After 3 days, follow these steps:
  1. Remove the dressing – soak dressing off in shower
  2. Wash gently as normal or bathe with saline solution (salty water)
  3. Allow to dry
  4. Apply a thin layer of Vaseline over sutures to keep moist
  5. If exposed to a dirty/dusty environment cover wound with a dry, non-stick dressing
  6. Repeat steps 1-5 morning and night until removal of sutures

**Bleeding**

- If Bleeding occurs, apply firm pressure to the area for 30 minutes
- Stay still
- If bleeding persists, call the surgery

**Pain relief**

**Do** take Paracetamol or codeine based medication (as directed)

**Avoid** (unless prescribed by your Doctor) - Anti inflammatory medications  
 - Aspirin (unless prescribed by your Doctor)

**Infection**

If any signs of infection occur such as;

- Increasing redness
- Increased Pain
- Hot to touch
- Oozing

Please contact the surgery as soon as possible.

**If you have any queries or concerns please contact the surgery and speak a nurse.**

**Mt Hawthorn: (08) 6140 1000**

**Bunbury: (08) 6140 1080**

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