





TAPING

Here are some tips:

-  You can change the tape daily - it is important to be gentle especially in the first few weeks after surgery. It can be easier to remove the tape if it is wet.
-  Skin-coloured tape can make it less obvious to others, especially if your scar is on a visible area like your face. If you like you can also put make-up over the tape.



MASSAGE

3-4 weeks after your surgery, when the scar is well healed, you can start scar massage. The purpose of the massage is to help flatten the scar, free the scar from the tissue underneath and to help desensitize the scar or make it less painful. It can also help to prevent abnormal scar formation.

To do this you may like to use a moisturizing cream or oil to make it a little easier. Gently but firmly rub the scar in a circular fashion, moving up and down the scar as you go. It should not be painful and it is then you may be using too much pressure. You only need to do this for 5-10 minutes each day. You may like to do this after a shower and before you reapply the tape.

If at any time you experience pain or the scar becomes reddened or open, seek advice from your doctor or nurse immediately.



waikanaehealth







WAIKANAЕ HEALTH CENTRE

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CARING FOR YOUR WOUND AFTER MINOR SURGERY

THE FIRST 48 HOURS




-  In the first two days after surgery it is important to keep the wound clean and dry. It is normal for the wound to ooze a little bit of blood and yellow fluid into the dressing.
-  The wound may feel sore and tight; you can take paracetamol for this. Avoid using Aspirin as this can worsen bleeding. If you take Aspirin or Warfarin on a regular basis, keep taking this as normal unless your doctor instructs you not to.
-  Try to limit any activity that might put stress on the wound - your doctor will advise you about this at the time of surgery.
-  Keep the area elevated as much as possible.

AFTER 48 HOURS

You can generally wash the wound with warm water. Dry by gently patting with a clean towel - do not rub the wound. Do not immerse the wound in water, eg bath or swimming, until the sutures have been removed.




-  Avoid touching the wound with your fingers as this can increase the chance of infection.
-  If you have been advised to keep your wound covered, change the dressing after every shower if it gets wet.
-  It is normal for the wound to be slightly red, sometimes itchy and have a small amount of ooze.

WATCH OUT FOR


-  Pus or excess ooze
-  Increasing redness, swelling or pain
-  If you have a fever or feel unwell

Monitor your wound for any signs of infection and if present, see your doctor.

PATHOLOGY RESULTS

-  Results take 1-2 weeks to come through. We will endeavour to inform you of the result when you come for suture removal.
-  If the result is not available at that time, we will ring you when it does come through.
-  If you have not heard from us a week after the removal of sutures, please contact the telephone nurse on 04 293 6005.

REMOVAL OF SUTURES

-  An appointment will be made at the time of your surgery to have your sutures removed.

WOUND CHECK:

REMOVAL OF SUTURES:

SPECIAL INSTRUCTIONS:

POST OPERATIVE SCAR MANAGEMENT

Your scar will start off a red/purple colour and over the next 12 months it will fade to be pale as the scar matures. During the initial months it is important to provide support to the tissues as they continue to heal in order to minimise stretching of the scar tissue and development of abnormal scarring patterns.

Studies have shown that the use of a simple paper tape on the wound during the first 3-6 months after surgery can significantly reduce the volume of a scar and improve the overall appearance. Please turn over for some taping tips.