**Post Operative Instructions**

1. Please keep wound dry for 24 hours after the procedure, if it gets wet remove dressing and pat dry then recover with a dry dressing.
2. Try and rest the region of surgery, please do not do any heavy lifting or exercise until the stitches are removed.
3. Over the Counter analgesia is all that should be required. Please try and avoid ibuprofen and aspirin as they can increase bleeding
4. Remove the dressing at 24 hours – Do not replace with plastics or waterproof dressings.
5. Be mindful when drying yourself with a towel, pat dry the area, abrasive rubbing can increase bleeding and delay wound healing
6. If bleeding occurs, please apply an ice pack with pressure for 20 mins, if this is unsuccessful please call either; Northern Skin Doctors your GP or attend the Cairns Hospital Emergency Department +/- an Ambulance.
7. If the wound becomes red or painful please contact Northern Skin Doctors or your GP. This may be an early sign of infection.
8. When you return for suture removal your doctor will discuss your results.

Next Appointment : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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