



Flap Repair Wound Care Information

POST OPERATIVE FLAP REPAIR / OPEN WOUND CARE

Hand washing

Please wash your hands thoroughly prior to wound care. Clean the webs of the fingers and underneath your finger nails as well as the remainder of your hands. Ensure hands are dried well after cleansing. It is not necessary to use antimicrobial soap.

ENSURE HANDS ARE WASHED THOROUGHLY

Cleaning the wound

Only use cotton buds or sterile gauze squares to cleanse the wound(s). Cotton balls do not clean the wound adequately and leave fluff on the surface of the stitches which is hard to remove.

Bathe the wound twice daily (in the morning and before going to bed at night) with sterile salt water. (1 teaspoon of table salt to 1 cup of cooled boiled water).

When cleansing the wound(s), ensure that all blood is removed from the wound surface to prevent scabbing. Scabbing inhibits good wound healing and can put you at higher risk of wound infection. NB: Your wound may get wet in the shower after the first 48 hours post surgery. Please cleanse the wound after showering as instructed above. You may also commence washing your hair from this time.

Dressing the wound

After cleansing apply a small amount of Betadine ointment or Vaseline along the stitch line with a cotton bud, or if there are no stitches, apply over the entire surface.

Leave the wound(s) uncovered when possible, however if a dressing is required follow the instructions given to you by the nursing staff.

Medications

If on antibiotics, take as directed by your doctor.

For pain relief, Panadol, (Panamax/Paracetamol) or if necessary Panadeine, should provide relief. If taking Panadeine, have something light to eat or a glass of milk before consuming to prevent nausea. Do not use any Aspirin or Disprin based medications (including Ibuprofen or Nurofen) for pain relief during the first 48 hours after surgery, as these will thin your blood and make your wound bleed more easily



For enquiries or concerns, please contact
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