

This brochure will provide information for your recovery at home. Please keep this in a safe place to refer to over the next few days.

Going Home

- Your biopsy was done under local anaesthetic; this will slowly wear off from around your wound.
- You have had sedation or a general anaesthetic; this can affect your co-ordination and reasoning skills. Please do not drive a car, ride a motorbike or bicycle, operate machinery or sign legal documents for at least 18 hours after your surgery.

You must have a responsible adult to take you home and stay the night with you.

Please contact your GP (Doctor) if:

- You have increased pain
- You have a fever (temperature)
- Your wound is red or warm to the touch
- You have a thick and/or smelly ooze from your wound
- You have any changes to your vision

In an emergency dial 111 for ambulance assistance.

Pain relief

Unless told otherwise by your doctor, take Paracetamol (Panadol) every four to six hours for the first day after surgery. Do not take more than 8 tablets in a 24 hour period. Please tell your doctor if you have an allergy to Paracetamol.

You last had: _____

Do not take: _____

Discomfort and tiredness are common side effects during the first few days after surgery. Please see your GP if these side effects last longer than 7 days.

Wound Care

Keep your dressing dry for 24 hours after your biopsy. Then you can shower as normal, pat the area dry without rubbing after. You should not swim or sit in a spa pool until your wound is completely healed. Do not use creams, powders or perfume near your wound while it is still healing as these can irritate the skin.

Your stitches are dissolvable and should dissolve (disappear) within 7 – 10 days. If you can still see your stitches after this time please contact your GP to have your practice nurse remove them.

Your wound may feel itchy, tingly and slightly lumpy. Try not to scratch or pull off the scab as these help your wound to heal.

Bathing your wound

- 1) Boil some water and allow it to cool in a clean cup or bowl
- 2) Wash your hands using soap and water
- 3) Wet a clean tissue in the cooled boiled water. Use this tissue to gently wipe along one side of your wound, then throw away this tissue.
- 4) Repeat step 3 with a new tissue each side of your wound and across the top of your stitches. Stop once your wound looks clean.

Diet and Fluids

You can eat your normal diet after surgery. Constipation (not being able to poo) can be a problem for some people after an anaesthetic.



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Include plenty of fresh fruit, vegetables and water in your diet to keep your bowel habits regular.

Activity and Exercise

You will need to relax and rest for the next 1 - 2 days then return to your usual activity as you can.

You should be able to return to work in 1 - 3 days.

Do not do any heavy lifting, pushing or strenuous exercise or contact sport for 7 days.

Follow-up

Your follow-up appointment will be posted to you and is expected to be in __ days/week/month. If you cannot keep your appointment please phone 0800 999 442 as soon as possible to rearrange it for another time.

Follow-up with GP *or*

No follow-up required

Date: _____

Nurse: _____

Contact us

If you have any concerns or questions following discharge from hospital, please contact your own family doctor (GP) or one of the Afterhours medical centres.

In an emergency dial 111 for ambulance assistance.

After-hours medical centres;

- **Kenepuru Hospital accident and medical.** Open 24 hours a day. Phone 04 918 2300
- **Paraparaumu team medical Coastlands Shopping centre.** Open 8am – 10pm daily. Phone 04 298 2228
- **Waikanae medical centre.** Open Monday – Thursday 7pm – 8am and Friday 5pm – 8pm or anytime weekends and public holidays. Phone 04 293 6002
- **Accident and urgent medical centre Wellington.** Open 8am – 11pm daily. Phone 04 384 4944

If you are unsure if you need to visit your GP or Afterhours medical centre you may wish to call **Health Line** for free advice. Open 24 hours a day. Phone 0800 611 116.

