

Minor Surgery Patient Information

You had a minor operation in Mana Medical Centre today. Please follow these general after care instructions to prevent any complications as your wound heals.

We wish you a speedy recovery

Wound Care & Healing

Keep the wound area dry for at least 24-48 hours post-operative. Before showering, remove the extra gauze and leave the Fixomull dressing on. Try to avoid too much water getting into the area. After a shower pat dry with a towel. If the dressing is soaked for longer than 5 minutes the dressing and the wound become soggy and increase the risk of infection.

Relax and take it easy after the procedure. This will protect your wound and reduce the risk of bleeding.

Avoid physical activity that may cause tension or bleeding in the area until you have been reviewed by the nurse or doctor.

Avoid swimming, sauna or bathing due to the risk of infection for at least 4 weeks. You may need to wait longer if the wound has not healed properly yet.



Avoid the sun on the area by using sunblock or protective clothing. The pigment cells on the skin's surface require time to recover (up to 2 years).

Pain Relief

We advise that you take some pain relief approximately 2 hours after your procedure, before the effect of the local anesthetic wears off.

Usually, Paracetamol or Ibuprofen 4-6 hourly will be sufficient. **Do not take Aspirin** as this may cause some bleeding.

Wound Dressing

The dressing usually applied directly on top of your wound is white supportive adhesive tape called Fixomull. **This dressing should stay in place until your follow up appointment.**

Extra gauze may have been applied over this Fixomull to absorb any excess bleeding. This extra gauze can usually be removed the following morning.

If bleeding still occurs, place a pad of absorbent material over the Fixomull and apply pressure.

Signs and symptoms to observe

If you are worried about your wound or need advice, call reception and ask to speak with a nurse. If any concerning symptoms occur after hours, you will need to contact the After-Hours Medical service. An appointment will be made for follow up dressings and/or suture removal at the time of the surgery if convenient.



Signs of wound infection

- Excess bleeding
- Severe pain
- Worsening swelling
- Green/yellow discharge
- Heat and redness
- Offensive smell
- Fever and unwellness



➔ Contact the nurse for advice

Results

If there were any samples sent to the laboratory to be tested, you will be contacted about the result. Please be aware the results usually take 2-4 weeks to come back to us or sometimes even longer.

Most samples come back as non-cancerous lesions and skin growths. If a sample comes back as cancerous, you might need to come back for re-excision.

Contact us

Phone: 04 233 8019

Address: 107 Mana Esplanade, Porirua
5026

Email: reception@manamedical.co.nz

Web: www.manamedical.co.nz

Opening hours:

MON: 8AM – 5.30PM

TUES: 8AM – 5.45PM

WED: 8AM – 5.00PM

THU: 8AM – 5.45PM

FRI: 8AM – 5PM

Kenepuru Accident and Medical 24-hour service

Phone: 04 918 2300

Kenepuru Hospital, Rahia St, Porirua

For life-threatening injury
and health concerns,
call 111