

## SKIN SURGERY:

# Scar Revision

## What to Expect

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### OPERATION DURATION

This operation can be performed under local anaesthetic, sedation or general anaesthetic, depending on the size and location, and usually takes 30 minutes to 1.5 hours.

### HOSPITAL STAY

This surgery will be a day procedure. You will not routinely be required to stay overnight.

### HOW LONG SHOULD YOU BOOK OFF WORK

This depends on your profession - If you work in an office or non-strenuous job, please allow 1-3 days. However, if you have a physically demanding job this will be dependent on the type of work. Your specific requirements will be discussed with you on an individual basis.

Please email [admin@drduncantaylor.com.au](mailto:admin@drduncantaylor.com.au) if you require a medical certificate.

## What Complications May Occur After This Procedure?

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### GENERAL POSSIBLE COMPLICATIONS OF ANY PROCEDURE

- Bleeding
- Infection at the surgical site
- Allergic reaction to equipment, materials or medication
- Blood clot in your leg or lungs
- Chest infection

### SPECIFIC POSSIBLE COMPLICATIONS OF THIS PROCEDURE

- Wound healing problems - wound has delayed healing and may open up (dehiscence)
- Damage to the nerves that supply your skin
- Contour irregularities
- Recurrence of poor scarring

### CONSEQUENCES OF THIS PROCEDURE

- Discomfort, bruising and swelling (temporary)
- Scars - where possible, this will be through the old incision

# How to Prepare for Your Procedure

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## FASTING

If you are having local anaesthetic only:  
You do not need to fast.

If you are having a General Anaesthesia or Sedation (Twilight) Anaesthesia:

You cannot have any food or fluids (including lollies, chewing gum) 6 hours prior to your surgery.

You can have some sips of water only up to 2 hours prior to your surgery and then nothing at all after this time.

If you take regular medication, please check with our nurse to see if you should be taking your medication in the lead up to/ on the day of your surgery. Some medications should be withheld.

## MORNING OF SURGERY

You will be asked to arrive at the hospital approximately 2 hours prior to your surgery start time. Our Practice Manager will provide you with your admission information, which will include time and where to go, 1-2 weeks prior to your surgery date.

## PRE-OP WASH

Please purchase a pre-op chlorhexidine wash from the pharmacy. Use this whilst showering, the night before and the morning of your surgery.

# Post-Operative Instructions

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## ACTIVITY

You can get up and move the same day after your surgery, once you have recovered from your general anaesthetic.

You can not drive for 24 hours after a General Anaesthetic or sedation and you will need to have someone staying in the same house with you, the night of your surgery.

Please do not do any physical activity that involves this area of your body for 3 weeks, after this you can ease back into your usual activities.

If you are unsure, please ask our nurse.

## PAIN RELIEF & LOCAL ANAESTHETIC

You may have had a local anaesthetic injection into the wound. The numbness will last approximately 4 hours. Once this wears off, if you require pain relief, please take simple analgesia, i.e. paracetamol and/or ibuprofen.

Do not take aspirin.

If the area is on your lip/mouth, please avoid hot drinks while the area is numb to prevent injury.

If you have severe pain and are not responding to the pain relief, please phone our nurse during office hours.

## BLEEDING

If the wound starts to bleed, please apply firm pressure for 15 minutes. If a dressing is in place, please do this over the top of the dressing (do not remove the dressing).

This should control the bleeding. However, if it is not easily controlled or does not subside, please phone our nurse specialist during working hours, go to an after-hours GP clinic or visit an emergency department.

## INFECTION

If your wound becomes hot, swollen, oozes pus or you are spiking temperatures the wound may be infected. Please phone our nurse immediately within business hours or attend your GP, after hours GP or Emergency.

## WOUND CARE & DRESSING CARE

If you have a dressing applied, please leave it intact until your clinic appointment unless advised otherwise.

Try to keep the area dry. You may need to tape a plastic bag or Glad Wrap around the area when in the shower, if the surgical site is on a limb.

If the dressing falls off, apply another simple dressing to ensure the area is covered.

If the wound is on a limb (i.e. hand or foot), keep the site elevated, whenever possible, to prevent swelling.

Do not immerse the wound in water, i.e. swimming or bathing for 4-6 weeks or until the wound has completely healed.

Please do not put ice packs or heat packs on your wounds.

## REMOVAL OF SUTURES

Any sutures that require removal will be done at your nurse clinic appointment. Depending on the wound,

this will be between 1 and 3 weeks post-surgery.

### MASSAGING FOR SCAR REDUCTION

Massage helps prevent poor scar formation. Commence massaging your scars once your dressings are removed, and wounds have healed – approximately 3 weeks post-op.

It is recommended that you massage your scars with a good moisturiser (e.g. Sorbolene or QV) or Bio-Oil for 2 minutes, twice daily. Wipe off any excess product, then apply either:

- **A silicone gel** (e.g. Strataderm), which dries to form a protective film over the scar, or
- **Silicone tape.**

Continue this treatment for 3–6 months.

### STERIOD INJECTIONS

If Dr Taylor has recommended steroid injections post-surgery, these will commence approximately 4-6 weeks post-surgery. Usually, a series of approximately 4-6 injections is completed every 4-6 weeks.

### EAR KELOID SCARS

It is recommended that you purchase a pressure clip to wear on the site once the wound has healed, approximately 2 weeks post-surgery. You should wear this clip as much as possible (day and night) for the initial postoperative period (approximately 6 months) to prevent recurrence.

## Follow Up

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Our nurse will phone you after your discharge to check on you.

If you are concerned at all or have any questions, please phone or message our nurse between 9am - 5pm.

### Follow up appointments:

- 5-10 days after your procedure post surgery wound check in our nurse clinic.
- Approx 10-14 days post-surgery (if required).
- 6 weeks post surgery review in Dr Duncan Taylor's day clinic.