

WALTER ROAD EAST GENERAL PRACTITIONERS

An AGPAL Accredited Practice
Suite 5 / 488 Walter Rd (East) Bayswater WA 6053
Ph (08) 9279 9980 Fax (08) 9279 1390

Dr Rohan Gay
M.B.,B.S. (Syd.), F.R.A.C.G.P.
Dr Kathryn Cooper
M.B.,B.S. (WA)
Dr Lucy Rosman
M.B.,B.S. (W.A.), F.R.A.C.G.P., Dip Child Health
Dr Christina Panaia
M.B.,B.S. (WA), F.R.A.C.G.P.

Dr Lindsay Flaherty
M.B., B.S (WA) (HON), F.R.A.C.G.P. Dip. Child Health
Dr Nguyen Nguyen
M.B.,B.S. (WA), F.R.A.C.G.P., Dip. Child Health
Dr James Jooste
B.Med.Sc(hons) M.B.,B.S (WA), F.R.A.C.G.P.
RN Wilma McMullan
Practice Nurse

SCAR MANAGEMENT INSTRUCTIONS

Immediately after surgery

1. Keep dressing intact and avoid warming the wound (to reduce bleeding or bruising)
2. Keep dressing in place until suture removal. Your dressing will generally withstand short bathing but avoid long hot showers/baths
3. If the dressings seal is broken it will need to be replaced:
 - a. Remove the dressing.
 - b. Swab the area with an alcohol swb starting at the centre and moving outwards and allow to air dry
 - c. Replace with new dressing
4. Our nurse/doctors will be happy to replace the dressing at any stage if required
5. You must let us know if there are signs of infection (redness, increasing pain, swelling or wound discharge); or if you are in any way concerned.

After Suture Removal*

1. Immediately following suture removal "**micropore tape**" is placed along the suture line. Leave in place **4-5 days**, and then replace with a fresh piece of tape. Repeat this process for six weeks (*you may wet the tape, just pat dry*).
2. After 7-10 days of taping, commence massage for 3 minutes, 3 times a day for 3 months in a firm circular motion with the middle or index finger on top of tape

Remember that scars get worse before they get better. Expect the scar to be red, raised, itchy and tender and at its worst around 6 weeks to 3 months.