

SKIN EXCISION – DR CON PAPPAS – (DISCHARGE INSTRUCTIONS)

1. **You have undergone a skin cancer operation** with Dr Pappas
2. **It is essential that someone drives you home and stays with you for 24 hours** as you have received sedation, the effects of which will last several hours. These medicines can cause:
 - Confusion/poor concentration
 - Slower reaction time
 - Drowsiness/tiredness
 - Dizziness/feeling faint
 - Blurred or double vision
 - Muscle weakness
 - Anxiety and mood changes
 - Shakiness and unsteadiness.

These symptoms can make it unsafe for you to drive, cycle or use machinery and can put you and other road users at risk of an accident. **You should go straight home and rest for the remainder of the day.** DO NOT go anywhere else.

For the next 24 hours DO NOT:

- Drive a motor vehicle, motorcycle, or operate machinery,
 - Drink alcohol
 - Sign legal documents
 - Conduct business agreements
 - Exercise.
3. **You may resume your normal prescription medicine** (unless told otherwise) when you go home.
 4. An appointment with Dr Pappas is made for the 7-14 days, depending on the location of the excision. This appointment will involve:
 - Removal of sutures
 - Discussion of the results of the excision
 - Discussion of any further treatment required
 - Discussion of any long-term follow-up requirements

After your skin excision:

- Keep the dressing on the skin site completely dry for 48 hours. The dressing can be kept on until time for removal of sutures.
- **Skin Grafts:** Keep the specialised dressing on the skin graft dry for the full 7 days until the appointment to remove sutures.

- Apply local pressure to the excision site for 5-10 minutes if any minor bleeding develops. This will normally be able to stop bleeding. If bleeding persists keep pressure on the wound continuously and seek attention with the clinic or hospital if after hours.
- Generally there is not much pain following this procedure, but simple pain relief such as paracetamol or ibuprofen, can be used
- If increasing pain, surrounding redness or discharge develop post 2-3 days following the procedure this may indicate infection and the need for review for antibiotic treatment.

APPOINTMENT FOR DRESSING CHANGE: _____

APPOINTMENT FOR REMOVAL OF SUTURES: _____

Patient Specific Instructions:

Signed: _____ Name: _____

POST PROCEDURE SYMPTOMS REQUIRING IMMEDIATE ASSESSMENT:

If bleeding persists keep pressure on the wound continuously and seek attention with the clinic or hospital if after hours.

Please advise Ulladulla Endoscopy and Medical Centre of any signs or symptoms or infection such as fever, swelling, redness, pain or discharge or if you visit your local doctor and are prescribed antibiotics for an associated infection within 30 days of your procedure with us.

CONTACT: Dr Con Pappas – Phone 4454 4555 or Your Local Doctor or Hospital

For any urgent medical issues after hours, or if you are experiencing serious pain or discomfort following any procedure, you need to go to the Emergency Department of your closest Hospital.

EMERGENCY CALL 000 for a NSW Ambulance OR Milton Ulladulla Hospital, 106 Princes Highway Milton, Phone 02 4454 9100.

FEEDBACK: At Ulladulla Endoscopy and Medical Centre, we always appreciate patient feedback. If you would like to make any comment, complaint, or recommendation about any aspect of care you have received from our centre, please talk to our doctors or receptionists. Alternatively, you can email us on admin@southmedical.com.au or write to us: Ulladulla Endoscopy & Medical Centre, PO Box 110, Ulladulla, NSW, 2539.

