

D E X T R A
PLASTIC SURGERY

Mr Markus Nikitins

83 Kensington Road, Norwood

All enquiries: 8223 7870

**Post-Operative
Instructions**

**Lower Leg Excision with Local
Flap Repair**

Your next appointment is:

If you are unable to make this appointment please ring 8223 7870



Reviewed by Consumer Representative

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Excision Lower Leg Lesion with Local Flap repair

The lower leg wound requires careful protection for the first week and dressings should be kept clean and dry.

The lower leg wound will benefit from elevation for the first one to two weeks dependent on healing.

Should there be any undue bleeding in the early post-operative hours, firm pressure over the dressing for 5-10 minutes will usually stop it. Notify the Practice if bleeding persists.

Panadol six-hourly is adequate pain relief for this procedure. If your pain is excessive, please notify your surgeon.

Your lower leg will have an elastic bandage and/or stocking applied from toes to knee. This needs to be kept on and dry for the first week.

After the initial dressing removal in the rooms at 10 - 14 days post operation, you will be instructed on the continued care needed at home.

The sutures are removed at 10-14 days. Hypafix tape will then be applied for support. This tape tolerates showering and pat dry with a towel, mostly staying intact for one week before a change of tape is required. Taping is continued for up to four-weeks to assist in wound healing and support.

A 'tubigrip' support stocking will also be worn for up to four-weeks on the lower leg which also assists with healing and support. After the first week the tubigrip can be removed at night (if uncomfortable) and just worn during the day.

**If you have any concerns please contact
your Surgeon on 8223 7870**