

Mr Raymond Yap

MBBS, BMedSci, MSurgEd, FRACS, FCSSANZ
Colorectal and General Surgeon
Laparoscopy, Robotics, TEMS/TAMIS, taTME
Open Access Colonoscopy & Gastroscopy
Colorectal Cancer, Diverticulitis, IBD
Haemorrhoids & Anorectal Disease

CR Surgery Clinic

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After Incision and Drainage Instructions

You have had your surgery. After the surgery, Mr Yap has talked to your contact person. Any special instructions has been given to you or them. *A responsible adult must take you home. Do not drive or operate machinery for the day of surgery.*

Wound Care

- Your wound may have been **left open**. The wound is meant to freely drain. The wound does not need to be protected, but use a covering pad to protect your clothes. Replace once a day or when soiled.
- Sometimes non-dissolving sutures and a small drain may have been used. It is ok if these fall out. Mr Yap will remove these at your post-operative visit.
- The wound remains open for ~6 weeks to allow all of the infection to drain.
- In other cases, you may have a special vacuum dressing. Special instructions will be given to you if this is the case.
- Avoid any creams, lotions or soaps to the area as this may irritate the wound.
- Some redness and discharge around and from the wound is normal. If you notice **increasing redness, swelling, foul smelling drainage, or fevers**, please call your surgeon.
- Please contact us if there is new dizziness or feeling faint.
- Showering is ok, but do not submerge your wound or go swimming.

Smoking & Alcohol

- **Do not smoke:** If you are smoking, **stop**. Smoking interferes with healing and increases your risk of complications such as infection. If you need help

quitting, talk to your GP. **Avoid** alcohol in the first week after surgery.

Pain & Medications

- At your surgery, you will receive local anaesthetic which lasts 18-24 hours.
- Pain typically peaks at day 2-4 after the operation, and then decreases.
- **Over the counter pain medications** – Please take 1000mg of paracetamol every 6 hours, up to 4 times a day. You can add 400mg of ibuprofen, up to 3 times a day – they do not interact.
- **Narcotic pain relief** – If you still have severe pain, use the prescribed tablets every 4-6 hours, as needed.
- *Narcotics can cause constipation and laxatives may be required such as Movicol (over the counter, 1-2 sachets, once or twice a day).*

Activity

- There are no particular restrictions except what causes you pain.
- Again, do not swim or submerge while the wound is open.
- Avoid straining or heavy lifting. You may resume other activities any time. Do not drive if taking strong painkillers.
- Please take at least one week off work.

Follow up

- A follow-up appointment has usually been made for you – see below. If not, please call for a follow up appointment in 4 weeks.
- If you have any questions or concerns, please do not hesitate to contact us.
- If you cannot reach Mr Yap or you need immediate attention, please go to your nearest emergency room.

REVIEW CONSULTATION: Date **TIME:.....**

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