

Procedures in the private rooms

Booking your in rooms procedure

You can book your procedure in the private rooms immediately following your initial consultation or alternatively you may contact us at your convenience. Appointments for most procedures are allocated between 40 and 60 minutes. When making your booking you also need to ensure that you will be able to attend your follow-up visit which will usually be in 1-2 weeks. At that time Dr Boorer will check on your progress and complete any necessary follow-up including removal of stitches, checking your scar and reviewing relevant pathology results and other necessary investigations.

Preparation

In most cases there is no special preparation required for procedures in the private rooms. Dr Boorer uses local anaesthetic for excision of lesions and some cosmetic injections. As sedation is not used there is no need to fast beforehand. Depending on the nature of your procedure, you will usually be able to make your own way home or return to work immediately.

It is normal for some people to become quite anxious about having a procedure performed under local anaesthetic. Dr Boorer is very experienced in managing such situations. It is best to advise her beforehand so that we can do everything possible to put you at ease. You are welcome to bring along support person if you wish.

Medications

For minor procedures there is usually no need to change regular medications. Dr Boorer will advise you if any changes are required.

Sports and social activities

At the initial consultation Dr Boorer will advise you of what to expect with regards to bruising and swelling after the procedure so that you can make any necessary adjustments to your work and social routines. Similarly, she will advise you of any temporary restrictions on sports, swimming or other physical activities following your procedure.

Wound care in the first 48 hours following your procedure

As much as is practical, Dr Boorer recommends that you try to keep the wound site still and avoid excessive activity in the first 48 hours after your procedure.

If your procedure was on your face or head:

Avoid stooping or bending over, and avoid straining or heavy lifting. Dr Boorer recommends sleeping propped up on several pillows to minimise swelling and bruising at the wound site.

If your procedure was on your hand:

Try to keep your hand above the level of your heart/chest to minimise swelling and bruising.

If your procedure was on your leg or foot:

Try to minimise walking and whenever possible elevate your legs and feet to minimise swelling and bruising.

If your procedure was on your back:

Try to avoid excessive activity and strain as this may cause stitches to break open.

General wound care

If your wound is left bare:

- Wash or shower gently (it is OK to wash your hair with shampoo)
- Apply a thin smear of antibiotic ointment twice daily

If a bandage or other dressing has been applied:

- Keep bandages and dressings in place, and keep dry until your follow-up appointment with Dr Boorer
- Leave shower-proof dressings in place if intact, however if they start to come off (lift) you may replace the dressing (it is OK to wet these dressings in the shower, but not to have a bath or swim)

If a simple paper steri-strip has been applied (usually used on the face) leave this in place and try to keep it as dry as possible. However if it becomes blood stained, very wet, or if it starts to come off then you may replace it (or alternatively leave it off as desired).

Bleeding

It is normal to experience a small amount of bleeding within the first 3-4 hours after the procedure. If this occurs try to keep the wound site still, elevate if possible, and apply continuous pressure with a clean flannel or gauze for 10 minutes.

Swelling

Bruising and swelling can be minimised by applying an ice pack in the first 24 hours, and by keeping the wound site as elevated as possible. Minimising physical exertion is also very effective.

Pain

The local anaesthetic effect lasts 2-3 hours. It is unusual to have strong pain after minor surgery. You may take paracetamol or panadeine every 4-6 hours as necessary. Avoid aspirin as this can cause bleeding.

Follow-up appointment

After your procedure Dr Boorer will let you know when she needs to see you again. At the follow-up consultation she will check the wound site, remove stitches if necessary, review pathology results and other investigations, and discuss scar management in more detail.

Contact us

Please telephone the private rooms immediately if:

- You experience strong or increasing pain
- You experience more bleeding than expected
- Your wound becomes red and painful, appears infected or opens up
- You have any other concerns or problems

After hours Dr Boorer can be contacted via the Plastic Surgery Registrar at the Prince of Wales Hospital on 02 9382 2222. If you are unable to reach Dr Boorer please see your GP or in the event of an emergency attend your nearest hospital Emergency Department.