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**GENERAL SURGEON**  
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MARYVALE PRIVATE HOSPITAL  
286 Maryvale Rd  
MORWELL VIC 3840  
Ph (03) 51 321200  
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BAIRNSDALE REGIONAL HEALTH SERVICE  
122 Day St  
BAIRNSDALE VIC 3875  
Ph (03) 51 503333

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## **INSTRUCTIONS AFTER LIPOMA EXCISION**

You need to be seen about 1 week after your operation or sooner if there is an issue.

Ring Fitzpatrick House on 51444555 to make or check that an appointment has been made.

Keep the dressing clean dry and intact until review but the dressing may need to be changed in 2-3 days if bloodstained or damp. A damp, wet or blood-stained dressing will cause a wound infection. Do not shower, keep the wound clean and dry. Contrary to popular belief waterproof dressings are not really waterproof. You can undertake general daily hygiene measures using a flannel or using a hand shower.

If the dressing gets wet or dirty change the dressing with similar dressing material that you can obtain from a chemist.

If any bleeding occurs press on the wound with a wad of clean Kleenex tissues. The bleeding will stop.

Take Panadol or Panadeine, 2 tablets 4 hourly as required. Lipoma excisions do not require significant medication.

**IF A PROBLEM OCCURS,  
CONTACT FITZPATRICK HOUSE DURING BUSINESS HOURS  
OR GO TO ACCIDENT AND EMERGENCY AT A PUBLIC HOSPITAL**