



DR ANDREW ONG FRACS

Breast & Endocrine Surgery
General Surgery

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Patient question: “What do I do with my dressings?”

You have undergone a procedure by Dr Ong. It is important you read the following paragraphs carefully to optimise your chances of healing and to minimise problems and complications.

What are the dressings called?

Dr Ong uses occlusive dressings for surgical incisions. These will either be Comfeel© (*picture on the left*) or “Island” dressings (*picture on the right*). These dressings are marketed as waterproof although Dr Ong prefers to call them “splash-proof”. Ingress of water into the edge of the dressing will result in peeling.



**Comfeel/Duoderm
(LEFT)**



Island (RIGHT)

How long do the dressings need to stay on?

Following surgery, Dr Ong recommends that the dressings stay on for 2-4 weeks (yes, it is a long time).

The dressings may however become soiled with old blood – this is not uncommon as slight seepage from the incision does occur. If the dressing appears quite full of old blood, please change the dressings (see next question re: changing dressings).

After 2-7 days, the dressings may require a change. Dr Ong recommends that the incision(s) are covered with dressings for 2-4 weeks.

Who changes the dressings?

Dr Ong generally recommends this be carried out by a nurse or GP for the first time. Subsequent changes can be done by the patient if they feel confident to do so themselves and have been provided with appropriate instructions.

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Can I get the dressings wet?

Always a tricky question to answer! Dr Ong describes the dressings as “splash-proof” but not completely waterproof even though they are marketed as such. Dr Ong recommends that you keep the dressings free from water (and other liquids) as much as possible. YES, it does mean that showering can be a tricky exercise.

If the dressings become wet, please dry the dressings as soon as possible.

If water has seeped under the dressing, the dressing must be changed.

When do the dressings come off?

Dressings generally come off 2-4 weeks after surgery.

How do I know if there's a problem with the incisions?

Patients can develop problems at the incisions. These include (not an exhaustive list):

- Redness
- Swelling
- Rash / allergy to the dressings
- Increasing bleeding or pain
- Bad smell
- Discharge of pus, etc.

If you feel that there are problems with the dressing or the incision, please contact your GP or Dr Ong and have it reviewed as soon as possible.

Dr Ong can be contacted by email via his website (DrAndrewOng.com.au) or rooms (02) 4610 7933.

What do I do with my blood thinners (warfarin, aspirin, Plavix, co-Plavix, Eliquis, Pradaxa, Xarelto, etc)?

Check with Dr Ong (or your GP) as restarting blood-thinners must be tailored to each individual patient.

Sincerely, **DR ANDREW ONG.**



LET'S OPERATE WITH RESPECT

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