

Care After Your Plastic Surgery Procedure

Dr. _____

Care After Your Plastic Surgery Procedure

- After hand surgery, keep your hand raised up above your heart for 24 to 48 hours (1 to 2 days). This will help to lower pain and swelling. Move your fingers often.
- You may have some pain when the freezing wears off. Taking acetaminophen (Tylenol®) or ibuprofen (Advil®) may help. Follow the instructions on the package.

Caring for your incision (cut)

If you have a dressing:

- Keep it on and dry for _____ days.
- You can then take it off and wash the area gently with soap and running water each day. **Do not** scrub the area. Pat the area dry. **Do not** rub.
- Put Polysporin® ointment (**not cream**) or Vaseline® on your sutures (stitches) 1 to 2 times a day. You do not need a prescription.
 - › Clean away the old ointment before applying new ointment.
- Cover the area with a bandage.

If you have Steri-Strips™:

- Keep the area dry for 24 hours (1 day).
- After 24 hours, it is OK to let the area get wet. Pat it dry. **Do not** rub.
- Leave the Steri-Strips™ on until they fall off on their own, or for _____ days.

After your sutures are taken out:

- Massage your scar with moisturizing cream a few times a day for 14 days (2 weeks). This will help to soften and flatten the scar tissue.

What are your questions?

Please ask. We are here to help you.

Problems

If you see bleeding through the dressing:

- Use your hand to keep firm, constant pressure on the dressing for 10 to 15 minutes. Do this 2 to 3 times if needed. This should stop the bleeding.
- If the incision is red, swollen, and tender, it may be infected.

If you think your incision may be infected or you have another urgent problem, follow these steps until you get help:

1. Monday to Friday, call your surgeon's office.
Dr. _____
Phone: _____
2. See your primary health care provider (family doctor or nurse practitioner).
3. Call 811.
4. Go to the nearest Emergency Department.

Follow-up

- See your primary health care provider in _____ days to have your sutures removed.
- Your sutures **do not** need to be taken out. They will dissolve (go away) on their own.
- See Dr. _____ on _____ at _____ .

Plastic Surgery Clinic

QE II, Halifax Infirmary building, 4th floor

- Enter using the Robie Street entrance. Register at a kiosk, then turn left to go to the waiting area.

If you need to change your appointment:

› Phone: 902-473-7518

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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