

Care After Your Surgery

Dr. Morris

Your followup appointment is on
_____ (date)

at the Plastic Surgery Clinic,
4th Floor, Halifax Infirmary

Arrange to see your health care
provider in _____ days for
followup/suture removal.

Care After Your Surgery – Dr. Morris

After hand surgery, keep your hand elevated (raised up) on your opposite shoulder for 24-48 hours to decrease pain and swelling. Keep moving your fingers.

After facial or other surgeries, you can use ice packs for 15 minutes each hour to help with swelling and reduce bruising.

Analgesia (pain control)

You may have discomfort after surgery. Usually Tylenol® (acetaminophen) or Advil® (ibuprofen) will help with the pain. You can also take both at the same time. Follow the instructions on the package(s).

Suture removal

Please check with your health care provider's office about suture removal.

- › head or face: 7 days
- › chest or back: 10 days
- › hand or arms: 2 weeks
- › foot or ankle: 3 weeks

One week after your sutures are removed, start massaging your scar with Vaseline® every day. This will help to soften and flatten the scar tissue.

Suture line with a dressing

Keep the dressing on and dry for _____ days. Then remove the dressing and wash the area gently – do not scrub. Soap and water is fine. Do not use alcohol on any incisions (cuts).

Suture line without a dressing

- Buy a small tube of Polysporin® ointment (not cream) at the drugstore. You do not need a prescription. Apply this ointment to the suture line once a day.
- Do not wash the area for 24 hours.

Suture line with Steri-Strips™

- Keep the area dry for 24 hours.
- You may then let the area get wet and pat it dry. Leave the Steri-Strips™ on for _____ days.
- After hand surgery, once the dressing is off, finger, hand, and wrist exercises will help to improve motion.

Problems

- If you have bleeding through the dressing covering your incision, apply firm pressure with your hand continuously for 30 minutes. If bleeding does not stop after 30 minutes of firm pressure, go to the nearest Emergency Department.
- If the surgical site becomes red, swollen, and tender, it may be infected. If the problem doesn't go away or gets worse, call Dr. Morris or your health care provider, or go to the nearest Emergency Department.
- Call Dr. Morris at 902-473-7054 if you have any other concerns about your surgery.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.