

Care After Your Plastic Surgery Procedure

Dr: _____

Follow-up plan:

- See your family doctor in _____ days for suture removal.
- Your sutures do not need to be taken out; they will dissolve (go away) on their own.
- See Dr. _____ on _____ at _____ a.m./p.m. in the Plastic Surgery Clinic on the 4th floor of the Halifax Infirmary building. Enter at the Robie Street entrance. Register at the kiosk, then turn left to go to the waiting area.

If you need to **change** your appointment, call the Clinic at 902-473-7518.

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>

Prepared by: Minor Procedures, QE II Halifax
Designed by: Nova Scotia Health Library Services

W085-1680 © July 2024 Nova Scotia Health Authority
To be reviewed July 2027 or sooner, if needed.

Care After Your Plastic Surgery Procedure

- After hand surgery, keep your hand elevated (raised up) above your heart for 24-48 hours to keep pain and swelling down. Keep moving your fingers.
- You may have some discomfort when the freezing wears off. Tylenol® (acetaminophen) or Advil® (ibuprofen) will usually help.

Suture (stitch) line care:

- If you have a dressing, keep it on and dry for _____ days.
- You can then take the dressing off and wash the area gently with soap and running water each day.
- Do not scrub the area.
- Buy a small tube of Polysporin® ointment (not cream) or Vaseline®. You do not need a prescription. Put this ointment on the suture line once or twice a day. Clean away the old ointment before applying new ointment.
- Cover the area with a Band-Aid®.

Suture line with Steri-Strips™

- Keep the area dry for 24 hours.
- After 24 hours, it is OK to let the area get wet and pat it dry. Leave the Steri-Strips™ on until they curl up and fall off on their own, or for _____ days.
- 2 weeks after your sutures are taken out, start massaging your scar with a moisturizing cream. This will help to soften and flatten the scar tissue.

Problems

- If there is bleeding through the dressing, use your hand to keep firm, constant pressure on the dressing for 10-15 minutes.
- If the surgical site (scar) gets red, swollen, and tender, it may be infected.
- **If you are worried that you may have an infection or other urgent problem, follow these steps until you are able to get help:**
 1. Call your surgeon's office during regular hours:
Dr. _____
Phone: _____
 2. See your family doctor.
 3. Call 811.
 4. Go to the nearest Emergency Department.