

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 Summer Street entrance. Register at the kiosk.

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>

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- After hand surgery, keep your hand elevated (raised up) above your heart for 24 to 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 to 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.