

POST-OPERATIVE CARE AND INFORMATION

MINOR SURGERY

Minor surgery is a same-day procedure and usually takes about an hour of your day. You can eat and drink before the procedure and drive yourself home unless the surgery is impairing your vision or the use of your hands.

MAJOR SURGERY

Major surgery is usually same-day but will take several hours because of time spent in recovery.

You will need to arrange for someone to drive you home and to stay with you for the first 24 hours.

You cannot eat or drink anything from midnight the night before. This includes coffee, tea or water in the morning. Please take your morning medication with a sip of water unless advised otherwise.

POST-OPERATIVE

The freezing done at the time of surgery lasts 2-8 hours.

When the freezing ends, the area may burn, itch or be a little tender. It may also bleed a little.

If the dressing feels too tight or loose, please adjust it.

If your incision bleeds through the bandage, put pressure on the area constantly for 20 minutes without peeking, then replace bandage gently. If bleeding does not stop, go to your local emergency or walk-in clinic.

Use Tylenol regular or extra strength as needed for discomfort. Avoid aspirin or ibuprofen (i.e. Advil, Motrin), as they can thin the blood and cause bleeding.

WOUND CARE

You can shower on the second day after surgery. Get the incision wet in the shower and then remove the dressing. Pat it dry gently, then apply antibiotic ointment (i.e. Polysporin) and put a new dressing on. Do this every day or every second day until stitches are out. Incisions on the face do not need a Band-Aid but should be covered with the ointment regularly to keep the skin moist.

Any wound that appears open should be kept covered and moist with antibiotic ointment or Vaseline.

Any redness around the wound is normal. If you get pain and redness spreading outside the edges of the wound then you may have an infection. Please go to your family doctor or contact my office. If it is after hours, try a walk-in clinic or the hospital's emergency room. If an infection occurs, it generally happens 3-4 days after surgery.

Any surgery on the hand may result in the top layer of skin peeling away. This gives the appearance of the wound being open but that is usually not the case; it is usually closed deeper and it will heal just fine. Keep the hand moist and covered.

Dissolving stitches usually take from 7-14 days to fall out.

Stitches that need to be removed should be removed in 5 days if on the face and 7-10 days if anywhere else. Go to your family doctor, a walk-in clinic or call my office to arrange the removal of stitches.

For optimal scar results:

- Continue to keep wound moist and covered for 2 weeks after surgery.
- Massage the scar daily with a non-irritating cream.
- Rub firmly along the scar, not across the scar, for 10 minutes three times a day.
- Keep the wound covered with paper tape around the clock, when not massaging it.
- Continue all of this until you are happy with the results.

Scar redness can last up to 1 year and the scar can take that long to reach its final appearance. You can modify the scar as long as it is blanchable (turns white if you press on it) using the above techniques.

If you have any non-urgent medical matters, you can contact the nursing helpline by dialing 811.