

# Patient Instructions Following Outpatient Procedure

## Dr. S. Goekjian, Plastic Surgeon



Your follow up appointment has been booked for:

Date: \_\_\_\_\_

Location:

- Fracture Clinic (Oakville Hospital main floor)
- Office (2525 Old Bronte Road, Suite 560)

### SURGICAL SITE CARE AFTER PROCEDURE

- Keep the surgical site and any dressings dry for 24 hours after your procedure, then shower normally. Do not soak the wound in water (i.e. no hot tubs, baths, or swimming).

Steri-Strips (white tapes)

- After shower, pat dry and leave in place for 7 days, then remove them.
- If the tapes fall off sooner on their own, that is ok.
- When the tapes are off, apply polysporin to the incisions twice per day for 7 days
- You may leave the area open to air or cover with gauze or a Band-aid

Comfeel (clear bandage)

- After shower, pat dry and leave in place for 14 days or until follow-up appointment

Polysporin ointment

- After shower, pat dry and reapply polysporin to the incisions twice per day for 7 days
- You may leave the area open to air or cover with gauze or a Band-aid

- Suture removal:

- Stitches will dissolve.
- Stitches will be removed at your follow-up appointment.

### Other Instructions:

- If the surgery was on your arm, leg, face or scalp: Keep elevated at night and when sitting for 3-5 days to minimize swelling.
- Place an old towel on your bedding tonight, as the incision may ooze a small amount of blood. If there is bleeding, elevate the area and apply direct pressure for a full 10 minutes. If it does not stop, then you will need to see a physician.
- You may have been prescribed pain medication, although Extra Strength Tylenol may be sufficient for some people. The local anaesthetic (freezing) will last 4-8 hours and sometimes longer.
- If you notice spreading redness or drainage from the incision, you may have an infection. You should contact the office or see your family physician or attend the emergency room at the Oakville Hospital.
- Scar care: Protect the incision from the sun for at least one year to minimize permanent darkening of the scar. After two weeks, massage the incision for 1-2 minutes twice a day for 8-12 weeks to improve the scar. Any neutral, unscented moisturizer (e.g. Nivea, Vaseline Intensive Care) can be used.



DR. SERGE GOEKJIAN, MD, FRCSC  
Plastic Surgeon

2525 Old Bronte Road, Suite 560, Oakville, ON L6M 4J2 Phone: (289) 386-3636 Fax: (289) 386-3536