

Patient Instructions following OUTPATIENT PROCEDURE



Dr. Noor Alolabi, Plastic and Reconstructive Surgeon

FOLLOW UP APPOINTMENT

Date: _____

Location: ☐ Fracture Clinic (Oakville Hospital)
☐ Office (560-2525 Old Bronte Road)

SURGICAL SITE CARE AFTER SURGERY

- Outer dressing: ☐ Do not remove at all until follow up
☐ Remove in 3-4 days and then apply band-aid daily
☐ Keep incision uncovered and apply polysporin twice daily
- Shower: ☐ Normally and pat the dressing dry
☐ Normally after 48 hours, pat the dressing dry after shower
☐ Cover the incision and keep it always dry
- Suture removal: ☐ Stitches will dissolve
☐ Stitches will be removed at your follow-up appointment
- Do not soak the wound in water (i.e. no hot tubs, baths, or swimming) for 2 weeks.
- The local anaesthetic (freezing) used will last for 4-8 hours and sometimes longer. You may take Extra Strength Tylenol and/or Advil for the first few days after surgery as needed.
- If surgery was on your arm, leg, or face: keep elevated when sitting and sleeping for 1 week to minimize swelling.
- If there is bleeding from the incision, elevate the area and apply direct and firm pressure for 20 minutes straight. If the bleeding continues, you should see a physician.
- If you notice spreading redness and/or drainage from your incision, you may have an infection. You should contact Dr. Alolabi's office, see your family physician, or attend the emergency room at the Oakville Hospital.

SCAR CONTROL AFTER SURGERY

- After 2 weeks from surgery, massage the scar multiple times a day for 2-3 months.
- Purchase "Silicone Gel" and apply over the scar for 2-3 months. This can be purchased from Dr. Alolabi's office.

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