

CALGARY SKIN CANCER CENTRE

#316 – 3320 17TH AVE SW
CALGARY, AB T3E 0B4
P: (403) 700-0110 F: (403) 700-0271

Patient Post-Operative Aftercare Instructions – RECONSTRUCTION WITH PLASTIC SURGEON

Instructions:

Site: _____

- **DO NOT REMOVE YOUR DRESSING!**
- If your dressing starts to lift or if you notice some light bleeding, you may reinforce your dressing with the extra gauze and tape provided to you.
- Do not get your dressing wet.

☐ **DISCOMFORT**

If you have discomfort following surgery, take 1000mg Acetaminophen (two Extra Strength Tylenol®) every 6 hours (do not exceed 4000mg in 24 hours) OR a prescription pain medication if one has been prescribed to you. If this is not sufficient to control the pain, please call the office. AVOID Aspirin for the first week after surgery, and avoid medications that contain ibuprofen, naproxen and Celebrex (e.g. Aleve®, Excedrin®, Advil®, Motrin®) for 72 hours, as these products increase the risk of bleeding.

☐ **ACTIVITY**

Please avoid strenuous activity/exercise and heavy lifting with your full body to reduce your risk of bleeding and wound complications that will delay healing. This includes bending, lifting anything over 5 pounds, straining, going to the gym, golf, walking for exercise, yard work, housework, etc. or doing any type of activity that will increase your heart rate/blood pressure or cause stretching in the area the surgery was done. Other activity restrictions:

THINGS TO WATCH FOR:

BLEEDING

Your incision MAY ooze or bleed lightly within the first 48 hours after your procedure, especially if you take blood thinners. Your pressure dressing will help reduce this. However, if you have mild bleeding, it is not a cause for concern. **DO NOT REMOVE YOUR PRESSURE DRESSING.** You can control the bleeding with firm pressure for 30 minutes over top of the dressing. If you are experiencing excessive bleeding that is coming through your dressing and you are not able to get it to stop with firm pressure, please call the **24-hour emergency number at (403) 700-2840** and continue to apply pressure while proceeding to your nearest ER or Urgent Care Centre. If you have been hospitalized for **any reason** within the 10 days after your procedure, please notify our staff as soon as possible at (403) 700-0110, extension 4.

SWELLING

Swelling is common after surgery. Apply an ice pack around the surgical site and dressing – for 10 minutes every 1 hour, until you go to bed. You may continue this, if necessary, as long as the swelling persists. This will help with swelling, pain, and bruising. Sleep with your head elevated by using extra pillows or a recliner chair for 3 days.

FOLLOW-UP

If you have any questions or concerns during the healing process, please contact our Nursing Triage line at 403-700-0110, extension 4 *Please note messages are checked throughout the day between surgeries.

☐ Follow-up at Calgary Skin Cancer Centre in _____ weeks

*Follow-up at Calgary Skin Cancer Centre is not routinely required. Should you have any concerns about your wound healing, appearance of your scar, recovery, or any other concerns, **please contact us to discuss your concerns (403-700-0110 ext. 4).**

☐ Contact your referring physician, _____ to schedule your next skin check.

RECOMMENDATIONS

Sun/Radiation Protection:

- **Non-sunscreen options:** _____
- **Sunscreen:** _____

Scar Care:

- **Product:** Apply Strataderm ____x/day once _____
- **Massage:** Start in ____ weeks. Massage for 5 minutes in a firm, circular motion all along and around the surgical site 5 times per day for 3 months.

Skin Care:

- **AM:** _____
- **PM:** _____