

Minor Surgery Aftercare

First 24 to 48 hours after surgery

COMFORT- When the local anaesthetic wears off, you might feel some soreness or discomfort. You may take acetaminophen (Tylenol). Do not take aspirin or anti-inflammatory drugs such as ibuprofen, since they increase the risk of bleeding. Do not consume alcohol.

KEEP DRY-The site/wound may be covered with a bandage/dressing. Please keep it dry (no baths/showers) for 24 hours ideally.

BLEEDING- Vigorous exercise or injury to the area may cause the wound to bleed. You may see a small amount of blood on your dressing. This is normal, however, if the bleeding continues:

- Apply firm direct pressure with a clean or cloth over the dressing for 10-15 minutes.
- If bleeding still continues, apply an ice-pack for 15 minutes to the dressed area.
- If bleeding continues contact your own doctor or the Emergency Department

48 hours after your surgery

Remove your dressing after 24-48 hours. If it is sticking or very dry, soak it off shower. After the dressing is off, you may get the wound wet and shower or take a quick bath. However, do not soak the wound for prolonged time.

Keep area covered for 3-5 days, change dressing daily, apply an ointment such as plain clean Vaseline or Fucidin ointment.

What to expect afterwards?

For the first few days your wound may be tender. There may be swelling and bruising around the wound, especially if it is near the eye. The area around our wound may be numb for several weeks or even months. You may experience periodic sharp pain as the wound heals. The stitch line or edges of the wound will look dark pink at first and edges of the wound will be reddened. This will lighten day by day.

INFECTION- If there are signs of an infection such as a fever, or spreading redness, warmth or foul-smelling drainage from the wound, you should see your doctor.

SCAR- It takes a full year for scars to fully mature. Roughly 2 months after your procedure you can begin scar massage for 5 minutes daily. If your scar remains painful or becomes elevated over time, please contact to office so that we can see you.

Sutures/Stitches

If you have superficial stitches, which should be removed indays. Please make an appointment before you leave or arrange to see your family doctor for this.