

THE FIRST GLANCE

POST-OPERATIVE INSTRUCTIONS FOR MINOR SURGERY/PROCEDURE

Keep the area dry and the bandage on for three days after surgery. We may give you more specific instructions on your surgery day on how often to change your bandage and if you should be applying any antibiotic ointment. Generally, you will need to keep the area covered with a new bandage every day for about one week, or longer if any open areas remain.

- It is normal for the area to bleed a little for a few hours after surgery. Blot with a clean gauze and apply pressure for five minutes.

- If you have stitches, they must be removed five to seven days after surgery on the face and a week to 10 days if any other area of the body, unless you have been told your stitches dissolve. Please contact the office for an appointment.

- Avoid strenuous activities for 48 hours after surgery.

- Do not take medication that has blood thinning properties (Aspirin/Baby Aspirin, Naproxen, Plavix, Coated Aspirin/ASA, Coumadin, Anacin/Excedrin, Ibuprofen/Motrin/Advil, Warfarin, Voltara/Diclofenac, Robaxisal, Toradol, Midol, Aleve, Indocid, All Herbals, Vitamin Supplements & Multivitamins, Sunflower seeds, Cod-liver Oil/Fish oil capsules, Green Tea, Garlic Pills, Ginger, Vitamin E, Sushi, Omega -3,-6 fatty acids for **10 days before and 72 hours after surgery.**

- If you experience any discomfort, Tylenol or Extra Strength Tylenol will help to relieve this. Take as directed.

- **DO NOT** sleep with pets in the bed to avoid infection. **NO** baths, hot tubs, swimming pools, or swimming in lake water for 4 weeks or until your incisions are fully healed in order to avoid infection. Avoid exposure to second-hand smoke for at least the first few weeks after surgery as exposure to smoke will have a negative impact on healing and scar formation and may increase your risk of infection.

THE FIRST GLANCE

After Hour Care

If there is a concern about your surgery or your healing, please call The First Glance Clinic at **204-885-1419**.

If the clinic is closed (evenings or weekends) or in case of an emergency please call Dr. Islur 431-302-5177

If after 3 attempts you cannot reach Dr Islur, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053

Take time to rest and recover from your surgery, have a healthy diet and get some sleep.

It is important that you follow these recommendations carefully so we can attain your surgical goals.

Visit www.drislur.ca for more information