



THE PLASTIC SURGERY CENTRE

Instructions for Patients Having Scar Revision/Minor Surgery

2 Weeks Before Surgery

- Avoid all aspirin containing products, all anti-inflammatory medications (ie. Ibuprofen such as Advil or Motrin), all products containing 400 IU's of vitamin E, and any herbal medications. These products can increase bleeding both during and after surgery and may lead to increased postoperative bruising, swelling and recovery time.
- Stop or at least cut down on smoking. Smoking constricts small blood vessels causing delayed healing, increased scarring and increased recovery time.
- Begin taking a multivitamin tablet daily, which can speed healing and shorten recovery time.
- Arrange for transportation to and from surgery (Unless having a local anaesthetic). You must have someone responsible pick you up and remain with you for a minimum of 24 hours. You cannot take a taxi home on your own.
- It is recommended to restrict activity for approximately 2 weeks following surgery. It is advisable to make arrangements for assistance.
- Avoid dental appointments 2 weeks prior to surgery as well as 2 weeks post operatively.

24 Hours Before Surgery

- Avoid alcohol and smoking.
- Nothing to eat or drink after midnight the night before your surgery (no water, no gum) If having a local anaesthetic you may eat the morning of surgery, however refrain from having a heavy meal immediately prior to coming to clinic. If surgery is booked after 12 noon, clear fluids may be allowed up to 6 hours before surgery (ie: black coffee/tea, clear juice, water). Our nurse will advise you on this when you are given your time for surgery.

Day of Surgery

- Wear loose, comfortable button-up/zipper clothing (ie: jog suit, slip on shoes).
- Cotton under wear
- Leave valuables at home (remove contact lenses, jewelry and piercing of any kind).
- Take any regular prescribed medications (ie. blood pressure medications) with a small amount of water.

After Surgery

- Some pain and nausea can be expected. This can be relieved with anti-pain and anti-nausea medications. Take them as directed. If you are coming from out of town, please have these medications with you.
- Any bandages worn post-operatively should be comfortable and not too tight. Adjust as necessary.
- Maintain a regular fluid intake during the day, decreasing fluids in the evening to help with swelling.
- Rest is important to minimize pain, nausea and swelling.
- Begin a light nutritional regime and increase food intake as tolerated.
- Take anti-pain medications with food to avoid an upset stomach. Start taking your antibiotic(if applicable) once you have gone home from surgery, ensure to eat yogurt or alternatively take acidophilus.

**Call (403) 228-1313 if you have any questions or concerns.
If leaving a message, please leave a number.**

Post-operative Day 1

- You may remove the bandages and shower if you wish. Remove all gauze, but leave any white skin tapes intact for approximately 2 weeks post-op if applicable.
- Be aware of any unusual swelling or a sudden increase in pain. If either of these are noted, phone the office as soon as possible.
- Continue to maintain a regular fluid intake.
- Continue to elevate buttock and use ice packs.
- Be aware of decreased skin sensation. Do not apply excessive heat or cold to the operative areas.
- Do not smoke.
- Rest as much as possible.
- A nurse will call you before noon to assess how you are doing. At this time, you will be given further post-operative instructions as well as an appointment for your first post-operative visit.

Post-operative Days 2-7

- Gradually increase your activity level after 7 days postoperatively. As individuals, everyone's post-operative healing phases will differ. Generally speaking, gentle exercise may resume at 10 days with moderate exercise resuming after 3 weeks. It is advisable to abstain from a full exercise regime until 6 weeks post-operatively.
- Scar tissue (firmness or hardening of operative tissues) may increase up to 6 weeks with the resultant softening of the tissues.

- Approximately 75% of swelling will diminish within 3 – 4 weeks. Any remaining swelling can take from 6 months to 1 year to absorb.
- Best results are usually not seen until 3 months following surgery.
- The final stages of healing are usually not complete until 1 year post-operatively.