

DR. CHRIS TAYLOR MD. FRCS(C).  
PLASTIC SURGERY

301-1625 Oak Bay Avenue,  
Telephone: 595-6009 Fax: 595-4077  
[www.plasticsurgeryvictoria.ca](http://www.plasticsurgeryvictoria.ca)

### **Postoperative Instructions**

#### **□ Specific Instructions as marked**

If any of the following occur please notify Dr. Taylor:

- Fever and chills
- Increasing pain rather than decreasing pain
- Redness extending around the wound
- Excessive bleeding

An appointment for suture removal and/or postoperative visit should be scheduled for \_\_\_\_\_ to \_\_\_\_\_ days postoperatively. Please arrange this appointment with:

- Dr. Taylor's office:
  - Dr. Taylor
  - Nurse
- Your family doctor

#### **□ Minor Surgery (i.e. lacerations, skin lesions, scars, moles)**

- If pathology requires follow-up by Dr. Taylor, our office will contact you. Otherwise, your results will be available through your family doctor, after 2 weeks.
- Some bleeding is to be expected and can be stopped with pressure on the area with a gauze for about 15 minutes
- You can cover the incision with a band-aid but this is not necessary
- If possible, keep the area elevated for the first 48 hours
- Apply a thin film of polysporin 3 times per day
- If the incision becomes crusted with blood, please clean it with a Q-tip and hydrogen peroxide diluted in half with water (*exception: do not use hydrogen peroxide near your eyes*)
- It is okay to shower starting 24hrs after surgery
- The scar may be red and tender for six weeks or more
- Start to massage the scar two weeks after removal of stitches to help flatten it out
- Please use SPF15 or greater sunscreen or avoid sun on the scar for the next six months

#### **□ Hand Surgery**

- Keep your hand elevated above your heart for the first 48 hours
- Leave the dressing intact unless instructed otherwise
- If the splint feels too tight re-wrap it more loosely, and if this doesn't help please call Dr. Taylor's office

#### **□ Tendon Surgery**

- **Do Not** bend the finger until instructed otherwise
- Once you have been to the hand therapist you will learn the movements you can and can't do
  - Being too forceful may rupture the tendon and not doing enough may reduce function, therefore, hand therapy is important.
- **Keep your splint on**

❑ **Ganglion Removal, Dupuytren's, Trigger Finger Release**

- Gently move your fingers inside the dressing
- The dressing can be removed the day after surgery if there is no drainage
- You should begin to massage the scars two weeks after the sutures come out to soften and desensitize the scar
- You may remove the splint if it more comfortable without it

❑ **Hand Fractures (splinted)**

- Do not try to move within the splint
- Your splint will be removed in 3-4 weeks
- After that you can begin gentle movement

❑ **Hand Fractures (internally fixated)**

- You can remove your splint and start moving fingers/hand gently
- Splint should be worn during heavy activity/lifting for approx. 6 weeks.

❑ **Hand Therapy**

- You should receive a call from Island Hand Therapy in the next few days; if not, please call them at 598-8814.

❑ **Nasal Fractures**

- The splint should stay on for 7-10 days.
- To have the splint removed either come to the office or gradually soak it off in the shower or bathtub
- Do not blow your nose
- Some bleeding is to be expected, this can be minimized by avoiding any heavy lifting or straining and keeping you head elevated
- If you have nasal packing, it should be removed at 4-5 days after the splint was put on. Please call the office to have this done or you may take it out yourself as long as someone else is there to help you
- Nasal fractures remain swollen for several weeks

❑ **Other**

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_