

# Plastic Surgery Procedure Instructions



UHN

## Otolaryngology, Head & Neck, Plastic Surgery Clinic

Here are a few helpful things for you to know. We hope that this information will help with your recovery.

**Please follow only the instructions  
that have been checked off by your nurse**

### What can I expect after my procedure?

- Expect some bruising and swelling around the eye area.
- You have been given a local anesthetic. The inside of your mouth and throat will be numb. This should go away in about 2 hours.
- You may have slight bleeding or discharge in the affected ear for a few days.
- You will continue to use a nose and forehead dressing.

### What should I do with my dressing(s)?

- No dressing is needed. Leave your incision open to air.
- Keep your dressing(s) dry for 1 week.
- Do not remove your dressing, however, you may reinforce it (you can put on more tape or gauze on top, if needed).
- Leave dressing on for 7 to 10 days, then remove. You may then wash the incision with soap and water, and pat dry.

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Daily dressing:

1. Wash your hands well with soap and water.
2. Layer 2, 4x4 gauze pads with a hole cut in the middle, and place over your incision.
3. Re-apply cup over your nipple.
4. Place another 4 x 4 gauze pad over top.
5. Secure the dressing loosely with tape.

Do steps 1 to 5 daily, for 4 to 6 weeks.

- Naso-forehead flap: Wash your hands well with soap and water. Put a piece of Jelonet® dressing on your forehead incision, then a piece of dry gauze on top.
- The Jelonet® dressing in your nose is to protect and keep the flap moist. You don't have to change this—a nurse will do it for you.

## Care of my Incision and Sutures

- Keep your incision dry for 24 to 48 hours (1 to 2 days).
- Wash your hands well with soap and water. Apply Polysporin® ointment 3 times daily for a maximum of 5 days.
- If your incision starts to bleed, apply direct and continuous pressure over the incision with gauze for 15 minutes to stop the bleeding. If it does not stop, please go to your nearest hospital emergency room right away.

## Specific Instructions about my Procedure

- Wash your hands well with soap and water. Apply eye drops to your affected eye, as prescribed by your doctor, every 4 hours or more frequently as ordered.
- If you have had a Nipple Reconstruction, follow these dressing instructions to avoid premature shrinkage:
- Do not wear a tight bra or tight clothing over your reconstructed nipple
  - Your sutures need to be removed in 7 to 10 days; please make sure you have a clinic appointment for this

Tattoo:

- You can expect some oozing from the tattoo site. This is normal and it will dry up on its own.
- Do not change the dressing for at least 7 to 10 days. After this, you can remove the dressing.
- Do not peel off the scab. Allow it to fall off on its own.

### **What can I eat and drink?**

- Do not** eat or drink anything **hot** for 1 to 2 hours to avoid accidental burning.
- Rinse your mouth often, especially after meals. You can use water or a mild mouthwash.
- You may eat and drink as you usually do.

### **What medications should I take?**

- If you have discomfort or pain, you can take "Tylenol® plain" or "Tylenol® extra strength." Do not take any ASA (such as "Advil®").

### **Other Activities**

- You may shower and wash your incision using mild soap and water.
- Reduce your activities to minimize discomfort and bleeding from your graft sites. Do not take long walks.
- If you have had leg skin graft, rest in bed for 1 week and keep your affected leg raised up on pillows. You may get up to use the bathroom when you need to.
- You may take a shower. Your dressing is water proof.

### **My Follow-up Appointment**

**Call for follow up appointment in \_\_\_\_\_ weeks**

Dr.Stefan Hofer      416-340-3449

Dr.Toni Zhong      416-340-3858

## **Who can I call if I have questions or concerns?**

Call us if you have any concerns about bleeding, swelling, pain or fever or, go to your nearest hospital emergency room.

**Clinic Nurse:** Meriam Dela Cruz, RN

Telephone: 416-340-4800 ext. 8767 or 416-340-3668