

## INSTRUCTIONS AFTER MINOR HAND/TRUNK/LEG PROCEDURES

### 24 HOURS AFTER PROCEDURE

- May remove initial bandage and clean with mild soap and water.
- Ensure incision/dressings/steri-strips are patted dry well.
- Apply Vaseline to incision twice daily if left open.
- You may apply new bandage if you wish.

### Do not remove bandage

- If you have stitches, they will be removed in 14 days.
- Keep hand/leg (operative site) elevated for 24-48 hours after surgery (a couple pillows at night).

### PAIN CONTROL

- May use Tylenol plain or extra strength.
- Avoid use of Aspirin/Advil etc (anti-inflammatories) for 48 hours after surgery unless otherwise advised.

### SIGNS OF INFECTION

- Your incision becomes more red, extremely painful, you develop a fever or have pus in the wound please contact the office or nearest medical facility for attention.

### SCAR MANAGEMENT

- Apply sunscreen (>SPF15) to the scar area for two years after surgery.
- If you wish you may begin to massage the scar and/or apply Vitamin E oil after 6 weeks following surgery if the scar is well healed.

You will have an appointment with Dr. Fortin +/- the hand therapist on:

DATE \_\_\_\_\_ TIME \_\_\_\_\_