

THE FIRST GLANCE

COSMETIC PROCEDURES UNDER LOCAL ANESTHESIA POST-PROCEDURE INSTRUCTIONS

DRESSING AND WOUND CARE

- You may remove the outer dressing **48 hours after surgery**, unless otherwise instructed.
- If Steri-Strips (white tape) are present directly over your incision, **leave them in place** until they fall off naturally.
- You may shower or gently wash the area with regular soap and water after 48 hours, unless otherwise instructed. Avoid scrubbing your incision. Gently pat dry with a clean towel or allow to air-dry.
- Do not use hydrogen peroxide or rubbing alcohol on your incision.
- **If there are no Steri-Strips covering your incision**, apply a thin layer of **Original Polysporin (plain, not Triple Care)** **1–2 times daily** and cover with a clean Band-Aid or dressing.
- If your Steri-Strips fall off before your incision is fully healed, begin applying a thin layer of Original Polysporin 1–2 times daily to the exposed incision.
- Do not apply Polysporin or other ointments over Steri-Strips that are still in place, as this may cause them to loosen prematurely.
- Change your dressing daily, or sooner if it becomes wet or soiled. Keep your incision protected with a clean dressing until the stitches are removed or the wound has healed sufficiently.
- **Do not soak the surgical site for at least 3 weeks** (no baths, swimming pools, hot tubs, lake water, or dishwater), and until the incision is fully healed.

MEDICATIONS AND PAIN MANAGEMENT

Pain Management

- The local anesthetic (freezing) usually lasts approximately **4–6 hours** after your procedure. You may notice some discomfort as it wears off.
- You may take Tylenol (acetaminophen) 1,000 mg every 6 hours as needed for pain, up to a maximum of **4,000 mg in 24 hours**. A lower maximum may apply depending on your medical history.
- You may also take Advil (ibuprofen) 400–600 mg every 6–8 hours as needed for pain, provided you have no contraindications and have not been instructed to avoid anti-inflammatory medications.
- Tylenol and Advil may be taken together or alternated if needed, while respecting the recommended dosing intervals and maximum daily doses.
- If prescribed additional pain medication, take it only as directed.

Other Medications

- Resume your regular medications unless otherwise instructed.
- If antibiotics were prescribed, take them as directed and complete the full course.
- Do not stop prescribed blood thinners or aspirin unless instructed by your treating physician.

ACTIVITY AND RECOVERY

- Avoid strenuous activity, heavy lifting, and high-impact exercise for at least 1-2 weeks, or longer if instructed by Dr. Doucet.
- Avoid activities that place excessive tension, stretching, or pressure on your incision.
- You may resume light daily activities as tolerated.
- If possible, elevate the surgical area above the level of your heart during the first few days to help reduce swelling and discomfort.
- Depending on the location and type of your procedure, additional activity restrictions may apply.

ADDITIONAL CONSIDERATIONS

Swelling and Bruising

- Mild swelling and bruising are normal after surgery and generally improve over the first 1–2 weeks.

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- You may apply an ice pack wrapped in a towel for short periods (10–15 minutes at a time) to help reduce swelling, provided the area has normal sensation. Avoid placing ice directly against your skin.

Bleeding

- A small amount of bleeding or oozing from the incision may occur during the first 1–2 days.
- If bleeding occurs, apply **firm, continuous pressure with clean gauze or a towel for 20 minutes without lifting it to check**.
- If bleeding persists despite continuous pressure, contact Dr. Doucet or seek urgent medical attention.

Signs of Infection

- Contact Dr. Doucet if you notice increasing redness, warmth, swelling, worsening pain, pus or foul-smelling drainage, or fever above **38°C (100.4°F)**.
- Report any wound separation or concerns about delayed healing.

Numbness and Sensation Changes

- Temporary numbness, tingling, or altered sensation around the incision is common after surgery.
- Sensation generally improves over time, although recovery may take several weeks to months.
- Contact Dr. Doucet if you develop worsening numbness, severe pain, or concerning changes in sensation.

Smoking and Alcohol

- Avoid smoking, vaping, and nicotine products for at least **2 weeks after surgery**, or longer if instructed. Nicotine can interfere with wound healing.
- Avoid alcohol for at least 24–48 hours after surgery and while taking opioid pain medications.

SCAR CARE

Scar care will be reviewed in more detail at your follow-up appointment, if needed. **Dr. Doucet will advise you when your incision is sufficiently healed to begin scar treatments.**

WHEN TO SEEK MEDICAL ATTENTION

Contact Dr. Doucet promptly if you experience:

- Increasing redness, warmth, swelling, or drainage from your incision, and/or fever above 38°C.
- Wound separation or concerns about healing.
- Increasing pain that is not relieved by medication.
- Persistent bleeding despite 20 minutes of firm, continuous pressure.
- New or worsening numbness, tingling, or changes in skin colour.

Call 911 or go to the nearest emergency department for:

- Severe or uncontrolled bleeding.
- Sudden severe pain with rapidly increasing swelling.
- Sudden loss of circulation or significant changes in colour or temperature of the affected surgical area.
- Any other serious or rapidly worsening symptoms.

Emergency / After-Hours Care

- Weekday Care (8 am to 5 pm): If you have concerns about your surgery or healing, call Dr. Doucet's office 204-885-1419.
- Weekend and After Hour Care: If it's after 5 pm or during a weekend, you may call or text Dr. Doucet **at 204-808-3584**. If your concern is urgent or you do not receive a response to your text message, please call rather than text.
- In an emergency, if you cannot reach Dr. Doucet after 3 attempts, please go to the nearest emergency department