



Caring for your child at home after a surgery performed by **Plastic Surgery**

This following information will help ensure your child has a safe recovery after leaving the hospital.

Caring for the surgical site

- Keep dressing dry and intact for _____ day (s).
- Remove dressing in _____ days (s).
- Reinforced sticky tapes called steri-strips may have been applied directly on the wound. These steri-strips will fall off on their own. If they are still present 3 weeks after surgery you can gently remove them in the shower.

Pain management

- The next dose of pain medication
 - _____ can be given at _____ every _____ hours.
 - _____ can be given at _____ every _____ hours.
 - _____ can be given at _____ every _____ hours.

When will life go back to normal?

- Activity: Quiet activities today with close supervision. Resume activities according to the surgeon's instructions: _____.
- Bathing: No bath, until directed by surgeon at follow-up. You may start showering starting: _____.
- Diet: Give water, apple juice, Popsicle, flat ginger ale or Jell-O for one to two hours. If tolerated, proceed with soft diet such as soup, yogurt, ice cream and cereals. Tomorrow he/she may be given a normal diet unless specified by the surgeon.
- School/Daycare: May go back to school in _____ day (s).
- Gym/sports: May start gym/sports in _____ day (s).
- Should urinate (pee) by _____, if not please return to the emergency department.

When to call the doctor?

- Pain that does not lessen even after giving your child the prescribed medications.
- A fever of 38.5°C (101°F) or higher.
- Increased redness and swelling around the incision.
- Drainage or bleeding from the incision. Light to moderate soiling of the dressing is acceptable.
- Feels hot to touch.

If you are concerned, please call the Montreal Children's Hospital at (514) 412-4400 ext: 53333 and ask for the physician on call for plastic surgery or come to the Emergency room of the hospital.

Follow-up

- The next appointment will be in _____ please call (514) 412-4040.
- Clinic: _____ Doctor: _____

Disclaimer: The information provided in this brochure is intended for educational purposes. It is not intended to replace the advice or instructions of a healthcare professional, nor is it intended to be a substitute for medical care. Contact a qualified healthcare professional if you have any questions regarding the care of your child.