Anne Dancey
PLASTIC SURGERY

Pinnaplasty
Post-Operative Instructions

Sutures
The incisions are closed with dissolvable sutures that do not require removal. They are hidden under the skin and will dissolve naturally over 4 weeks, when the incisions are strong enough to support themselves.

Dressings
I use a Vaseline dressing, with padding and a head bandage to hold this in place. The head bandage will be removed in the clinic approximately one week after surgery. You will need to keep it dry until it is removed.

Medication
During your surgery I will use a long-acting local anaesthetic, but you may need additional analgesia in the form of Tylenol and Ibuprofen.

You will also be given antibiotics to minimise any risk of infection.

Scar advice
Once the dressings are removed, I recommend that you massage the incisions, using small circular motions at least twice a day for 5 minutes. You can use any moisturising cream of your choice and apply firm pressure until it blanches.

The scars will also benefit from silicone scar gel (ScarAway® or Kelo-Cote®) twice a day, which will soften and fade them, as well as applying sunblock for 12 months to provide sun protection.

The ScarAway® can be purchased from Healthcare Pharmacy at Governors Square in Grand Cayman.

Follow up
Before you are discharged from Hospital, you will be given a follow up appointment to see the nurse one week post-operatively.

I normally see you in clinic between 2 to 6 weeks following your procedure, depending on the type of surgery.

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You should also be given contact numbers in the event of any problems. If you have any questions or concerns about your recovery, please do not hesitate to phone or email me and I will endeavour to respond to you the same day.

If it is more urgent, please contact the Clinic/Hospital. In the unlikely event of an emergency, you must visit your closest Emergency Department.

You should also be given contact numbers in the event of any problem. If you have any questions or concerns about your recovery, please do not hesitate to phone or email me and I will endeavour to get an answer to you the same day.

If it is more urgent then please contact the Clinic/Hospital. In the unlikely event of an emergency, you must visit your closest Emergency Department.

I hope you find this information useful. If you have any questions or require a little more information, then please do not hesitate to contact me.

Anne Dancey

Dr Anne Dancey

Plastic and Reconstructive Surgeon FRCS(Plast), MBChB(Hons), MmedSci(Hons) and MCh(PASP)

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