



CHU Sainte-Justine
Le centre hospitalier
universitaire mère-enfant

Université
de Montréal

Prominauris Correction

Post surgery care

Dr. Sabrina Cugno

Once dressing removed :

- It is highly recommended to wear a headband for **3 weeks**.
- **During the night**, it is highly recommended to wear the headband or a lycra swimming cap (bathing cap) for **2 more weeks**. You can also make a hood with an old pair of stockings to protect the ears.
- Using a swabstick, apply Polysporin^{MD} ointment on scars **once a day** until the stitches disappear.
- Start **massage** of the scars with vitamine E cream **3 times a day as of the third week** following surgery and for **a few months** or until the plastic surgeon instructs you to stop.
- Sports activities are banned for **3 weeks**. Do not forget to claim the exemption paper for sport.



CHU Sainte-Justine

3175, Côte-Sainte-Catherine Road – Montreal (Quebec) H3T 1C5

Telephone : 514-345-4931 – chusj.org

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