

POST-OPERATIVE INSTRUCTIONS: SCAR REVISION

Follow these Post Care Instructions to achieve your maximum benefits:

- You will have the area(s) covered with steri-strips (adhesive tape) for at least 4 - 7 days, possibly longer depending on healing and the area of removal.
- Expect to return to the office after 1 week to remove sutures.
- If you experience any discomfort, you may take Tylenol or pain medication every 4 to 6 hours as needed.
- Avoid alcoholic beverages for 1-2 weeks post-op.
- Avoid intense exercise and or sweating for the first week.
- Use soap and water to gently cleanse around the tape as needed.
If the tape gets wet, pat it dry, do not remove it.
- Swelling and bruising is very normal for up to 4 weeks. Most swelling subsides within 2 weeks.
- It is normal for healing wounds to feel slightly tender to the touch and look pink around the edges. However, if after a few days it becomes increasingly red, swollen, painful, hot or develops a discharge, please call our office.
- Anticipate purchasing Skinuva scar gel at your post-op appointment to start applying at week 3.
- Avoid direct sunlight to the incision for at least 1 year to help prevent hyperpigmentation. Use a sunscreen with zinc oxide with an SPF of 20 or greater to help decrease the visibility of the scar.