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INSTRUCTIONS FOR PATIENTS UNDERGOING SCAR REVISION

- For scars with steri strips do not touch for 1 week, leave steri strips alone, keep clean/dry.
- Apply ice cold compresses for the first few days to help reduce swelling. Do not apply ice directly to skin, please use a clean dry cloth or paper towel between skin and ice.
- 1 week after surgery, you will have a follow up with the doctor virtually. The morning of your follow up you will take a full shower and allow the steri strips to get nice and wet, allowing for easy removal of the strips. You will remove them prior to your facetime visit so the doctor may see the incision.
- After your 1 week follow up the incision is to be cleaned with hydrogen peroxide using Q-tips and apply antibiotic ointment (Bacitracin) to the area 3 times a day for 1 more week.
- After 2 weeks you may stop cleaning with peroxide, wash your face as you would normally with a gentle cleanser and use SPF 30 or higher during the daytime even on cloudy days, and gently massage the scar with silicone scar gel at night for 5 minutes. This should continue for the next 3 months.
- Dissolvable sutures will dissolve on their own within 2 weeks.
- 1 Month after surgery schedule a Resurfx laser appointment either with our office or with an office near you to further improve the appearance of the scar.
- Observe for signs or symptoms of infection such as fever, chills, increased swelling, redness, heat, or pus-like discharge. Please call if you experience any of these symptoms.
- No gym for 1 week, no contact sports for 3 weeks.
- No swimming for 2 weeks
- Make up can be applied 2 weeks after surgery.
- Most scars may remain red/pink for 2-3 months from the surgery date. It takes 9 to 12 months for the scar to fully mature and heal.

If you have any questions or concerns feel free to reach out to our office.