



EXCISION/SCAR REVISION/WOUND CARE POST-OP INSTRUCTIONS

- No heavy lifting, exercise or sweating for 2 weeks minimum.
- Sleep elevated on 3-4 pillows or recliner chair for first 3-5 nights to decrease swelling.
- Clean wound 2 times/day with Antibacterial soap (Dial) or Sterile Saline and Q-tip, followed by Vaseline or Antibiotic ointment and keep covered with Band-aid (details given by Provider after individual treatment).
- Avoid scratching, itching, or rubbing area during the healing process.
- No hot tubs or swimming for 2 weeks minimum.

EXPECTATIONS:

- You may have temporary soreness and swelling in the area for 1 week – 10 days. You may apply cold compress to area for 15 mins per hour (as needed).
- You should expect redness (or pinkness) for several weeks to 1 month.
- Avoid Retin-A/Retinols, Glycolic acids, Benzoyl Peroxide and scrubs until completely healed; sun or windburn for six months after the procedure.
- Once healed (usually after 7-10 days) you may start Scarfade and twice a day, wearing Sunblock everyday (as directed by Provider) to the area.
- Women may begin to apply make-up to that area, minimum 2 weeks, after procedure (check w/ Provider for approval 1st).

MEDICATIONS:

- Tylenol or Advil, take 1 tablet every 4-6 hrs as needed for discomfort (not required).

Call/Text our office 407-333-3040: If wound becomes painful, red, warm or exudates pus.

Follow up Appointment: _____

Primera call or text 407.333.3040, if you have questions or concerns. If you have an emergency, call 911.

I have received a copy of the above instructions and agree to follow them

X _____

Date: _____