

## SCAR REVISION

### POST-OP ORDERS

- No lifting or exercise for 2 weeks.
- Sleep on three pillows or in a recliner for first 3 nights to decrease swelling.
- Clean wound 3-4 times/day with Antibacterial soap and sterile saline, followed by Vaseline ointment.
- No hot tubs or swimming for one week.

#### EXPECTATIONS:

- You should expect redness (or pinkness) for several weeks or months
- Avoid sun or windburn for six months after the procedure
- You may have temporary swelling in the area for one week.

#### MEDICATIONS:

- Keflex 500 mg (Cephalexin) 1 tablet twice a day for 1 week ...antibiotic
- Lortab 7.5mg (Hydrocodone) 1 tablet every 6 hours as needed for .... pain

#### FOLLOW-UP VISITS

- You will be seen in the office in 1 week for suture removal. Please call Dr. Gross at (321) 356-4396, if you have questions or concerns. If you have a true emergency call 911.

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

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