

SCAR REVISION POST-OPERATIVE INSTRUCTIONS

What are my post-operative instructions?

- • Have someone drive you home after surgery and help you at home for 1-2 days.
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- • Get plenty of rest.
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- • Follow a balanced diet.
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- • Constipation is a side effect of decreased activity, use of pain medicines, and dehydration. Be sure to drink fluids regularly and consider adding raw fruit to your diet.
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- • Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- • Do not drink alcohol, drive a car, or make important decisions when taking pain medications.
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- • Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
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- • If you are taking vitamins with iron, resume these as tolerated.
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- Do not smoke or be around a smoker. This can delay healing and increase the risk of complications.

What should my activity level be?

- • Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
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- • Do not drive until you are no longer taking any pain medications (narcotics).
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- • Resume normal activities gradually.
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- • Return to work in 1-2 days, depending upon extent of surgery.

How do I take care of my incision?

- • Avoid exposing scars to sun for at least 12 months.
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- • Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- • Keep steri-strips on until they start to curl up on the ends, and then gently remove them.
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- • Keep incisions clean and inspect daily for signs of infection.
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- • Keep area clean and dry first 24 hours.
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- • No tub soaking while sutures or drains are in place.

How should I expect to feel?

- • You may experience temporary soreness, bruising, or swelling.
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- • May have slight bleeding from incision. Apply 4x4 gauze with slight pressure to control bleeding.

What will it look like?

- Final results of surgery may take a year or more.

What follow-up care will I receive?

- Sutures will be removed in 7-10 days. This varies on the location of the scar revision.

When should I call my doctor?

- • If you have increased swelling or bruising.
- • If swelling and redness persist for a few days.
- • If you have increased redness along the incision.
- • If you have severe or increased pain not relieved by medication.
- • If you have any side effects to medications; such as, rash, nausea, headache, or vomiting.
- • If you have an oral temperature over 100.4 degrees.

- • If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- • If you have bleeding from the incisions that is difficult to control with light pressure.
- • If you have loss of feeling or motion.

Who should I call if I have questions?

- • **(310) 273-1001, Monday - Friday, 9 a.m. – 5:0 p.m.**