

Post-Surgical Care

Care Instructions

- Apply Aquaphor/Vaseline ointment daily on a cotton swab and gently cover the sutures.
- We prefer that you do not use any antibiotic ointments, as some people can develop an allergy to it.
- Keep the wound covered for at least 24 hours after your procedure.
- Regular application of ice can help minimize the swelling and redness.
- The regular use of silicone sheets and/or gels has been shown to improve the cosmetic outcome of scars.
- Regular tissue massage for 3 months post-procedure has also been shown to improve the cosmetic outcome of scars. We suggest starting these treatments about a week or two after the sutures are removed.
- Arnica containing products, such as DerMend Bruise Formula, can be helpful for the treatment of bruising. These can be started immediately post-procedure.

Expected and Adverse Results

- It is normal to experience redness and swelling around the surgical site, as well as bruising. The swelling will be at its worst on the third to fifth day after surgery. The bruising usually takes about 2 weeks to subside.
- Signs and symptoms of infection include increased redness, tenderness and drainage, as well as general feelings of malaise and fever. Call our office if you are concerned about a possible infection.
- If you have bleeding, then elevate the area and apply firm and constant pressure to the wound with a clean gauze or cloth and an ice pack over the cloth. You should hold pressure for 40 minutes without looking. If bleeding continues, then repeat the above procedure. If bleeding persists then contact us.
- The final result of your scar will not be apparent for an entire year after surgery. While a scar will initially appear red and swollen with time it will usually become flat and white.