

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.
- Get plenty of rest.
- Follow a balanced diet.
- 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.
- 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.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- 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.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Resume normal activities gradually.
- 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.
- 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.
- Keep incisions clean and inspect daily for signs of infection.
- Keep area clean and dry first 24 hours.
- No tub soaking while sutures or drains are in place.

How should I expect to feel?

- You may experience temporary soreness, bruising, or swelling.
- 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 3-14 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?

- (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.

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