

Wound Care Instructions

- Keep dressing or operative site dry for 48 hours
- You may shower in 48 hours and remove dressing unless otherwise instructed
- Begin using antibiotic ointment on incision 2-3 times daily until follow-up appointment unless steri-strips are in place
- Gently clean crusting with ½ strength peroxide and follow with antibiotic ointment.
- Avoid heavy lifting or exercise until follow-up.
- Call with the following symptoms: bleeding, fever, infected drainage, and increased swelling that persist after 48 hours.

Things to Expect

- Incision line will be red and may be firm until the sutures are removed.
- There may be a small amount of bleeding or bloody crust form along incision.
- The swelling and bruising may worsen for the first 28-72 hours.
- Scar maturation continues for the first 4 to 6 months
- Final healing may take a full year

Scar Treatments

- To reduce the appearance of your scar, you may use the following over the counter products **after the incision had healed:**
 1. Mederma: apply evenly and gently rub into the scar 3-4 times a day for 8 weeks on new scars and 3-4 times a day for 3-6 months on existing scars.
 2. Vitamin E: apply oil or cream containing Vitamin E to scar for about 8 weeks.
 3. Silicone Strips: (e.g. Scar Away) Apply sheet with adhesive side directly on scar. Sheet should cover beyond the scarred area on all sides. You may trim silicone strips to size for smaller scars (trim the sheet prior to removing from liner) or use strips side by side for larger scars. Remove sheet and wash daily with mild soap and water and pat dry. Use each strip for 7 days the discard and replace with new strip. Each strip should be worn a minimum of 12 hours per day. Maximum results will be achieved after consistent use for 12 weeks.
 4. Steroid Injection: In the case of protruding scars such as keloids or hypertrophic, you may inquire about the use of steroid injections.

If you have any questions or concerns, please call 617-636-5511 and ask to speak to a nurse.