

POSTOPERATIVE INSTRUCTIONS

SCAR REVISION SURGERY

Your return home

You may eat and drink as you like depending on your tolerance..

If you underwent facial surgery, avoid any activity or movement that causes your face to redden (like bending over, lifting heavy objects, etc).

Avoid vigorous exercise for the next 24 hours.

You may remove your bandages the day after your surgery and gently wash the area with water and a mild cleanser, even if you have stitches.

Avoid swimming, bathing, and spa for a period of 1 month.

If Steri-Strips have been applied to your incision, leave them in place for 2 weeks. They will fall off by themselves in the shower.

We recommend starting to massage the scars 3 or 4 weeks after the surgery. You may continue these massages for 1 year.

Avoid exposing bruised areas to the sun until the bruises go away, and avoid exposing your scars to the sun for 1 year.

For any questions or concerns please do not hesitate to contact us at the clinic during opening hours or on the emergency cell phone number that was given to you.