

University of Virginia Plastic Surgery

Post-Operative Instructions for Scar Revision Procedure

The following instructions are general guidelines to promote a safe and uneventful recovery from your surgery.

Activity Limitations:

- You may return to work the day following your procedure
- You should avoid strenuous activities for one week.
- Do not take Aspirin, Motrin, Aleve or Ibuprofen or other blood thinning agents until you are instructed it is safe by University of Virginia Plastic Surgery.
- No sports activity or heavy lifting/heavy physical activity for 2 weeks or longer as instructed by University of Virginia Plastic Surgery.
- Keep your head elevated above your heart for the first 24 hours after surgery including during sleep to help minimize your swelling and bruising.
- Avoid driving until you are no longer taking pain medications.

Bathing and Incision Care:

- You may shower 24 hours after your procedure. Before you shower remove your outer dressing but leave steristrip surgical tapes in place if under the outer dressing
- University of Virginia Plastic Surgery may have you apply Bacitracin double antibiotic ointment 3-4 times daily starting the day after your procedure.
- You do not need to replace a band-aid but you may for comfort. Most people find placing a band-aid before sleeping improves comfort.
- Your sutures, if placed externally will be removed by University of Virginia Plastic Surgery's RN 5-7 days after your procedure, if placed internally will absorb. This is decided based on what will provide the best long term result.

Pain/ Medications:

- You will feel mild discomfort for several days following your surgery.
- University of Virginia Plastic Surgery may prescribe pain medications to use for a few days or recommend Tylenol
- You may apply ice packs to the operative area every hour, 20 minutes on and 20 minutes off for 24-48 hours after your procedure for improved comfort and to lessen swelling. The ice packs should not be placed directly on your skin, instead place a moist clothe next to your skin and then place the ice pack over the clothe. Some people use frozen peas or special eye mask ice pads.

General Recommendations:

- There will likely be mild to moderate incision pain, but this is usually significantly improved over the first 24 hours.
- A small amount of reddish leakage from your incisions after a scar revision is common. This looks like faint bleeding but is actually blood tinged edema fluid.
- Avoid sun exposure to your scars for at least six months. Sunlight can permanently affect the skin's pigmentations, causing the scar to turn dark. Wear sun-block daily.
- Numbness of the area surrounding the scar may last for 2-3 months.
- You may start using scar lotions such as silicone based products 4 weeks after your procedure. Depending upon your skin type University of Virginia Plastic Surgery may prescribe Silagen to apply to minimize scarring.

Postoperative Appointment Information:

- If your first postoperative appointment was not made at the time of your preoperative appointment University of Virginia Plastic Surgery would typically like to see you back for your first postoperative visit one to two weeks after your surgery. This date will be given to you before your discharge from the recovery room. If an appointment is not made at your preoperative appointment or in the recovery room, please call the office the day after your surgery to schedule that appointment.

Notify your physician or After Hours Advice for any of the following:

- Severe pain or severe swelling should be reported to our office immediately. This may indicate bleeding or infection that requires additional treatment.
- If you develop a fever of greater than 101 degrees, increasing redness involving the area surrounding the scar.

For life threatening issues or concerns dial 911.