



## Surgery After Care Instructions

Now that your stitches are out, you may begin gently massaging your scar. This should be done several times during the day.

After 2 weeks of gentle massage, you should begin a more deep massage. Apply enough pressure so that you can feel the underlying tissue or bone with the hand or finger you are massaging with. You have approximately 4 months to remodel or smooth and flatten your scar. The firm steady pressure of massage will help.

In the beginning, your scar will appear pink or red. In cold weather it may look purple. Avoid sun exposure to the scar until the pink/red color is gone. This could take as long as 1 year or more to fade. You may cover it with a bandage or apply sunscreen. The sunscreen should be an SPF of 30 or above, and protect you from UVA & UVB rays. This information should be on the sunscreen label. Apply the sunscreen several times throughout the day for prolonged sun exposure.

For up to 2 months after surgery, apply one-inch paper tape on the top of the incision line lengthwise. DO NOT put the tape across the incision. This will hold the skin edge more closely together and help reduce the likelihood of the scar widening. If you are using SkinMedica® Scar Recovery Gel, apply to scar prior to applying tape. The tape may be left in place for as long as 3-4 days before replacing it. If the skin becomes red or irritated from the tape, discontinue use.