

SCAR REVISION POST OPERATIVE INSTRUCTIONS

(Under Local Anesthesia In OR)

ITEMS TO PURCHASE BEFORE SURGERY:

1. **Gauze.** These will help to absorb any fluid that may be seeping from the incisions (which is normal). Please keep in mind that drainage from incisions is typical for the first 24-48 hours following surgery.



2. Extra Strength Tylenol (500mg): To be used when pain is mild to moderate in place of narcotic pain medication.

3. **Hibiclens**® antibacterial liquid: You will use this liquid the morning of surgery to wash the surgical areas. You do not need to use this soap in the postoperative period as it will dry out your skin.

WHAT TO EXPECT AFTER SURGERY

- Some bruising and swelling to surgical area.
- The area may have some slight bleeding from the incision site. Apply a 4x4 gauze with slight pressure to control any bleeding.

PRE/POST OPERATIVE MEDICATIONS

1. **Valium** 5mg 1-tab po morning of surgery and 12 hours later if needed.
2. **Norco** (pain medication): see below.
3. **Zofran** (nausea) 4mg 1 tab every six to eight hours as needed for nausea. Start after discharge.

****Please bring all medications the morning of surgery. The OR team will dispense the medication upon your arrival****

4. **Silagen** Arnica -Bromealin Supplements:
 - a. A unique formulation that is clinically proven to speed the healing time up to 50% allowing for faster recovery from bruising, swelling, and pain associated with surgical procedures.
 - b. Start 2-3 days prior to surgery with 1 tab in the morning and 1 tab at night. You can continue this after surgery when you are actively swollen and bruised.



Notes on Pain Medication:

- Take pain medication with food.
- Norco (Hydrocodone + Acetaminophen) should be taken as directed:
 - Mild to moderate pain: 1 tablet every 4 – 6 hours as needed
 - Severe pain: 2 tablets every 4 – 6 hours as needed.
- If your pain is mild, or if you do not like the effects of the narcotics, you can take Tylenol® (Acetaminophen) 1000mg every 8 hours (which would be 2 tablets of the Extra Strength Tylenol®, purchased over the counter). Please do not exceed 3000mg in a 24-hour period. Please do not mix the Tylenol® with the narcotic pain medication since the narcotic pain medication consists of 325mg of Tylenol®
- We will provide every patient with 1 refill of the pain medication if needed one week after the last prescription was filled. No additional refills will be provided.
- If you are to finish your pain medication during a weekend or after hours, you will need to wait until regular business hours to request additional pain medication.
- If you are under the care of a pain management provider or already take narcotic pain medication, our office **WILL NOT** be providing you with an initial RX or refill for the aforementioned. It is your responsibility to obtain the necessary medications/refills from your prescribing provider. Please make sure to bring the necessary medications if you are visiting us from out-of-town as we will not be providing it.
- Our office will not be providing any additional medications that are unrelated to the surgical site (i.e., blood pressure meds, muscle relaxers, etc.). Should you require these in the postoperative period, you will be responsible for acquiring them from your primary care provider.
- Take a stool softener with pain medication to prevent constipation.
- **DO NOT DRIVE WHILE TAKING PAIN MEDICATION.** These medications can result in drowsiness. If you are pulled over while driving under the influence of narcotics or scheduled substances, you will get a DUI!
- **DO NOT DRINK ALCOHOL WHILE TAKING PAIN MEDICATIONS.** This can be a deadly combination.
- Only take the narcotic pain medication if needed. The quicker you can wean off the pain medication, the better you will feel and heal.

HAVE SOMEONE WITH YOU

- After surgery, have an adult available to stay with you for the first 24 hours, as you will be weak and drowsy.
- It is highly recommended that you have an adult with you for the duration of your stay if you are an out-of-town patient.

DO NOT SMOKE. This is very important!!!

- Smoking (tobacco, marijuana, or vapes) can result in a lack of blood supply to tissues and fat causing tissue death or delayed wound healing. Even 0% nicotine vapes contain a trace amount of nicotine that the FDA accepts as 0%.
- Do not allow those caring for you to smoke around you as second-hand smoke can be detrimental to your recovery.
- No need to resume smoking as you have stopped six weeks before surgery. This is a benefit to your overall health.

SUPPLEMENTS

- Do not take aspirin (or products containing aspirin), anti-inflammatories, or Ibuprofen (Advil®, Motrin®, Midol®) for 1 week after surgery. Also do not begin herbal supplements until 1 week after surgery.
 - Arnika, Bromelin and Vitamin C are okay to take.

WALKING

- It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. Walking encourages blood flow throughout your legs to reduce the chance of blood clot development.
- IF YOU HAVE SHORTNESS OF BREATH, LEG SWELLING, AND/OR LEG PAIN AT ANY POINT IN YOUR POSTOPERATIVE HEALING, GO TO AN EMERGENCY DEPARTMENT IMMEDIATELY (OR CALL 911) AS THIS COULD SIGNIFY A BLOOD CLOT.

SHOWERING

- You may shower (but not bathe) 48 hours after surgery.
- You may wash the surgical area with a mild soap and water (lukewarm, never hot). Do not use surgical soaps to wash the area as these are drying to the skin. Use regular soap.
- Moisturize the surrounding skin around the incision line if the skin becomes too dry and/or irritated.

DIET

- Stay on a soft diet, high in protein, for 2 – 3 days and avoid spicy food which can cause nausea and gas. Then you may resume a normal, high protein diet.

EXERCISE AND SEXUAL ACTIVITY

- No overheating for the first 3 weeks (spas, exercising in the sun, etc).
- Elevating the heart rate, i.e., brisk walk/treadmill may begin starting at 2 weeks.

- At 2 weeks you can consider passive, or less aggressive sexual activity.
- At 2 weeks, you can consider slowly reintroducing your workout routine.
- You may begin swimming 3-4 weeks post-operatively if healing is complete. We advise to wait a full 6 weeks before swimming in a lake or ocean.

SUTURES

- You will have waterproof surgical glue over the incision line. There will be no sutures. The surgical glue has a purple tint.
- Do not apply anything on your incisions for 3 weeks unless told to do so. Keep the incisions clean and dry. You may notice the glue start to peel off before this time, this is okay.
- At 3 weeks post operatively, you may begin scar treatment with Silagen®.

SCAR THERAPY

- We use and sell Silagen® Scar Refinement System at our office. This system will be discussed at the three week post operative appointment. Please note that you will receive one pump at your pre-operative appointment. You can purchase additional Silagen® at our office.
 - Silagen® is made with the highest quality medical grade silicones that create a protective barrier over scars which increase hydration and help stop excessive collagen buildup. This will help flatten and soften scars and reduce redness, itching, and pain.
- You may begin using Silagen® as soon as the skin is fully closed, after all sutures are removed and after all scabs have fallen off. This usually occurs around 3 weeks from surgery.
 - We recommend you use at Silagen® daily for approximately 6 months as that is the time you can achieve maximum benefits and results. You can continue to use Silagen® up until the one-year post surgery date.



- All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided for 9-12 months. Use a water-resistant sunscreen with SPF of 50+ with UVA and UVB protection for at least 9-12 months. Sun damage to the scars may result in permanent hyperpigmentation or hypopigmentation to your scars.
- Please note that use of medical grade silicone sheeting or silicone cream on surgical scars will temporarily result in red/purple pigment on the scars. This takes place as blood rushes to the surgical incision to create collagen for wound healing and scar maturation. It can take 9 months on average for the discoloration to begin to fade.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING

- A high fever, (over 101°) severe nausea and vomiting, continued dizziness, or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions.
- A severely misshapen region anywhere on your abdomen or bruising that is localized to one specific point of the abdomen.
- To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the treated region. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses, for no longer than 20-minute intervals.