



SCAR REVISION

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (480) 423-1973.

As time goes by and you are healing, the following guidelines apply:

- Avoid sun exposure to scars for a full year (always use sun-block or cover scars with clothing)
- Begin scar massage at least 2-3 times a day for 10 minutes each time once approved by your surgeon
- Silicone sheeting (for example, Neosporin Scar Care - over the counter) can help flatten scars (discuss this with your surgeon)
- Scars will continue to improve in contour and color over a year period, so be patient with your body's healing