

Pioneer Valley Plastic Surgery, LLC

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Post-Operative Instructions for 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 (413) 731-7877.

- Minimal activities for the first couple of days after surgery.
- You may ice the area for the first week to decrease swelling and pain.
- You may shower 72 hours after surgery.
- DO NOT soak in the tub, jacuzzi, sauna, pool, or beach for 2 weeks following procedure.
- NO driving or working while on pain medications.
- You may take Tylenol for pain or Benadryl for itching if needed.
- Avoid Advil, Motrin, or Ibuprofen for the first week after surgery but you may take them any time after the 1st week.

You can expect:

- Clear and bloody drainage from the incision for the first couple of days.
- If sutures are dissolvable they do not need to be removed. If they are not dissolvable, they will be removed at your follow up appointment. Dressing can be removed in 72 hours.
- NOT to apply bacitracin, ointments, or creams to the suture line.
- To return to non-strenuous work within 3-7 days.
- Moderate discomfort which should be relieved with pain medications.
- Moderate swelling of the area.
- Bruising around the area.

Call the office if you experience:

- Severe pain not relieved by pain medications.
- Increased swelling of the area that is not decreasing.
- Excessive drainage or heavy bleeding.
- A fever greater than 101.5
- Call the office at any time with questions.

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

- Most swelling, bruising and soreness resolves within 4-6 weeks.
- Return to strenuous activities in 3-4 weeks.

**We require 48 hours for prescription refills. Please call in advance.