

Healing and Scar Maintenance

Your post-operative recovery period is an important time to lessen the affects of surgery and minimize scarring. The following are helpful recommendations to assist you with that:

Healing

- Listen to your body. Please avoid strenuous activities, heavy lifting and pulling until the doctor releases you. By heaving lifting and straining, you can cause tension on the incision line, as well as increase the chance for prolonged swelling and/or discomfort.
- Increase your fluid intake. Make sure your body is hydrated.
- Keep the dressing clean and watch for signs or symptoms of infection including fever or chills, red, inflamed incision, pus or smelly discharge from the incision and/or an increase in pain.
- **Arnica:** A homeopathic medicine which may help decrease bruising, swelling and pain associated with trauma or surgery; reduces muscle aches and physical fatigue from overexertion. Arnica can be used internally as well as topically and has no known side effects or drug interactions. Arnica should not be applied to open wounds and can be obtained in our office.

Scarring

- **Silagen Silicone Gel Ointment and Sheeting:** Apply to clean, dry skin, closed wounds only. Wear a minimum of 8 hours and up to 23 hours a day. Silicone Sheets are to be removed when showering or exercising. When strips lose adhesiveness, they need to be washed with mild soap and water to remove the dirt & oils and adhesiveness will return. Self-adhesive gel sheeting should last up to 3-4 weeks before needing to be replaced with new gel strips. You should see results within 2-3 weeks, for optimal results, use for 3-6 months. For ideal results use Silagen silicone sheeting in combination with the Silagen ointment, apply one during the day and the other at night for 24 hour a day treatment.
- Use appropriate sunscreen on the scar. The scar is sensitive to sun exposure which can irritate the scar, cause excess pigment and prolong healing. Sunscreen should be obtained that has a physical barrier to harmful UVA/UVB rays. Look for zinc oxide or titanium dioxide in the active ingredients.
- Massage the scar gentle three times a day. This can aid in decreasing lumpiness.
- Scars can also be improved using Intensed Pulsed Light. Treatment can be done in the office and the cost (\$75 – \$150) will depend on the total surface area. This service is not covered by insurance. If you like to consider this scar management, please call Nouveau Medispa at 302-355-1123 for an evaluation.

Sign: _____ Date: _____

Please review this information provided to help in the aid of prepping you pre & post operatively. The doctor and the doctor's assistant will be at your pre-op to answer any questions you have. At your pre-op the doctor's assistant will have a copy of this form for you to sign for our records.