

LOCAL FLAP: FIRST POST-OPERATIVE VISIT

What happens during the first post-operate visit:

- We will remove your skin sutures and staples and clean the skin edges.
- You will be instructed about additional wound care that will be necessary.
- You may purchase scar reduction gels (if recommended).

The week after your sutures are removed:

- Wash your face with a gentle cleanser and pat dry.
- Continue twice-daily application of a thin layer of Aquaphor to the incision. Do NOT use antibiotic ointments since these may cause skin irritation.
- Resume normal activities.
- You do not need to place a dressing over the wound anymore, but do protect the wound from direct sunlight exposure.

Starting on week 2 (Day 14) after surgery:

- Apply Silagen with SPF (brown bottle) in the AM along the suture line.
- Apply Silagen pure gel (green bottle) in the PM along the suture line.
- Avoid sun exposure for 3 months.
- Tingling, numbness, discoloration and itching in some areas and light redness around the incisions are normal side effects and will resolve with full healing.
- Before applying the gels, **massage the incision line and adjacent tissues as instructed.**
 - 1 minute 3 times a day for 3 months
 - **Benefits of scar massage:**
 - Reduces the build-up of scar tissue
 - Relieves itching
 - Stimulates blood flow

Further refinement:

- Minor “touch-up” procedures may be necessary to improve your final outcome, depending upon your goals. These could include steroid injections, “dermabrasion” to smoothen skin edges or contouring procedures, most of which can be done in the clinic.

Tara Ramachandra, MD
Facial Plastic Surgery and Otolaryngology