



3829 Gaskins Rd., Richmond VA 23233
Mon – Fri : 7:30am – 4:00pm • Sat – Sun : Closed
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ONE WEEK: AFTER SURGERY

- You may resume your regular skin care routine, including washing with mild soap and water, applying moisturizer, make-up and sunscreen.
- Begin to cover the area with a bandage daily (**for the next 1-2 weeks**) as follows:
 1. **Clean and dry** the area with tap water and mild soap using a Q-tip or sterile gauze pad. When showering, you may also use plain Dove bar soap to produce suds to gently cleanse area.
 2. **Pat dry, then apply Vaseline** to the sutured area.
 3. **Cover the wound** with a band-aid or a sterile non-stick (Telfa) gauze pad and paper tape.

Future Healing

- The scar will be red and firm (especially in the lip/chin/nose area). This is normal and will fade in time. It might take 6-12 months for this to happen.
- For sutured wounds start to massage 6 weeks after surgery 6-10 times daily for 1-2 minutes. Massaging the area will help the scar soften and fade quicker. **To massage, apply pressure directly and firmly over the scar with clean fingertips and move in a circular motion, the scar will be tender.**
- 6-8 weeks after surgery it is not uncommon to see the formation of "tender pimple-like" bump along the scar. This is normal. As the scar continues to mature and the stitches underneath the skin begin to dissolve, this might occur. Do not pick or squeeze, this will resolve on its own. Should one break open producing a small amount of drainage, apply Vaseline ointment a few times a day until the wound is completely healed.
- Numbness in the surgical area is expected. It might take 12-18 months for the feeling to return to normal. During this time, sensation of itchiness, tingling and occasional sharp pains might be noted.

Possible Complications/When to Call the Office

Signs/symptoms of infection:

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|--------------------------|---|-----------------------------|
| • Redness | • Fever | • Increased pain |
| • Swelling | • Red streaking
around surgical site | • Foul smelling
drainage |
| • Warmth to the
touch | • Chills | |