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## POSTOPERATIVE INSTRUCTIONS- SCAR REVISION

- Take medications as prescribed
- Do not take any aspirin or alcohol for at least two weeks following surgery.
- If no dressing was placed at the time of surgery, apply Bacitracin Ointment to the surgical area twice daily.
- No exercise, heavy lifting, or strenuous activity.
- Do not disturb or change your dressing unless specifically instructed to do so by Dr. Rosenberg.
- If surgery was to your face, keep your head elevated at all times. If surgery was to an extremity, keep the area elevated above your heart at all times.
- Keep your dressing clean and dry.
- Avoid exposure of the healing wound to sun for at least 6 months following the surgery.
- Make certain to keep your appointment for suture removal. Delayed removal of sutures can negatively affect healing and the appearance of your scar.
- There are many additional modalities which can be used in conjunction with the surgery itself to further improve the appearance of your scar. These include topical applications, antiinflammatory injections, electron beam therapy, pressure dressings and massage. Therefore, it is very important to make and keep follow up appointments during the first year after a scar revision to permit continuous observation of your scar to maximize the benefits of surgery.