



Suture Removal/Wound Check Visit

Unless otherwise directed, you may now stop daily wound care (vinegar water, Vaseline, bandage).

For all surgical sites:

If the site is exposed to sun, be sure to use sunscreen
SPF 30 or higher
Reapply every 2 hours
This can help reduce the risk of a dark color forming

You may now begin use of silicone gel/silicone gel sheets.

Silicone can help improve the final scar appearance, but is not a requirement.

This product is available over the counter under many brand names.

If using the silicone gel:

Apply a thin film 1 to 3 times a day (refer to product packaging for specific instructions)

If using the silicone gel sheet:

Cut the sheet down so that it just covers the wound

Apply over the site for 12 hours at a time

Sheets can be re-used until they no longer adhere to the wound

Use the silicone for at least 1 month, but up to 3 months

Allow at least 2-3 months for the wound to mature

Scars continue to improve in appearance over the first year after surgery.

If after 3 months you note any persistent redness or uneven texture, notify the office.

For surgical sites on the face and scalp:

You may now return to normal activities.

For surgical sites on the neck and below:

You may now begin to resume more physical activity.

The risk of splitting the wound open is low, but you can still widen the scar.

If you wish to minimize the chance of the scar spreading:

Start activities at 50% of normal

50% as much weight, 50% as intense, 50% duration

Over the next 4 weeks, increase to 100%