



Colorado *Facial* Plastic Surgery

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Creating Beautiful Faces

SCAR REVISION SURGERY

UNDERSTANDING FACIAL SCAR REVISION:

Scarring occurs whenever multiple layers of the skin are injured. Once a scar forms, it is permanent but may become less visible through surgical intervention. Expectations of the surgical outcome must be realistic, as there is no way to remove or camouflage the scar completely. You will always have a scar; the primary goal of scar revision is to improve the appearance of the scar either by disguising, relocating, or minimizing its prominence.

There are many factors that must be considered when being evaluated for scar revision. Your skin type and color, your age and overall health, and the location and type of scar all influence the expected outcome and the surgical plan. Additionally, timing of scar revision must be carefully considered. Time alone will often improve the appearance of the scar; therefore, waiting periods that extend upwards of one year from the time of injury are not unusual. This waiting interval allows the scar to mature and fully heal. All of these factors should be discussed with the doctor before undergoing your scar revision surgery. The surgical technique chosen will be customized to address your individual needs and the type of scar that you have.

PRE-OPERATIVE INSTRUCTIONS: BEFORE SURGERY

1. Do *not* take any Aspirin, Aspirin containing compounds, or Non-steroidal Anti-inflammatory medications (Motrin, Ibuprofen, Advil, Aleve, Celebrex, Naprosyn, etc.) 3 weeks prior to and after your surgery.
2. If you require pain medications, you may safely take Tylenol products in the pre-operative period. If you require stronger pain management, consult your Doctor.
3. Do not take Vitamin E, herbal supplements such as Ginkgo, Ginseng, Fish oil, Garlic, St. John's wart, etc. 3 weeks prior to your surgery.
4. Avoid alcoholic beverages 48 hours prior to surgery.
5. To reduce post-operative discoloration/bruising, consider drinking 8 oz of pineapple juice daily beginning 2 weeks prior to surgery and continuing for 2 weeks after surgery. Some patients have shown benefit from this regimen. Alternatively, some patients take Arnica Montana, an herbal supplement, to reduce post-operative bruising.
6. Smoking is directly related to poor wound healing and possible skin loss and must be avoided.
7. A diet high in salt may lead to prolonged post-operative swelling. To reduce post-operative swelling, consider reducing your salt intake beginning 1 week prior to surgery and continuing 4 weeks post-operatively.

8. Complete your pre-operative lab work approximately 3 weeks prior to surgery.

POST-OPERATIVE INSTRUCTIONS: AFTER SURGERY

1. The area will be bandaged by the doctor. Avoid getting the area wet as this may lead to infection.
2. Change the dressing once per day or if soiled. Apply a **thin** layer of Bacitracin antibiotic ointment when changing dressing every day until your follow up visit.
3. If you require pain medications, you may safely take Tylenol products in the post-operative period. If you require stronger pain management, consult your Doctor.

**If you have any questions or concerns, please call the office at
303.839.7980.**