



## Jesse E. Smith MD, FACS

Facial Plastics and Reconstruction

### **Facial Scar Revision Post Operative Instructions**

- Take medications as prescribed by Dr. Smith. Start your Mupirocin ointment 3 days prior to your procedure 2x per day by rolling a pea sized amount around the inside of each nostril to help prevent infection.
- If prescribed, you may begin your pain medication the evening of surgery if needed. Do not drive while taking prescription pain medication.
- You may start a daily stool softener or Miralax while using pain medication to help prevent constipation.
- Keep your incision clean by gently cleaning the area twice daily with saline or wound cleanser followed by the prescribed antibiotic ointment.
- It is very important to keep the incision free of dried blood or crusting, as buildup can delay healing and worsen scarring.
- Avoid getting the incision directly wet until instructed by Dr. Smith. You may shower from the neck down unless otherwise directed. If approved to shower, let water gently run over the area and pat dry- do not scrub.
- Keep your head elevated while resting or sleeping for the first 3 days after surgery to help minimize swelling.
- You may use ice packs for 15 minutes on and 15 minutes off during the first 48 hours to help reduce swelling and discomfort. Do not place ice directly on the skin.
- Mild swelling, bruising, tightness, numbness, tingling, and firmness around the incision are normal and may last several weeks.
- Avoid bending, heavy lifting greater than 15 pounds, strenuous exercise, and activities that increase facial pressure for 2-3 weeks or until cleared by Dr. Smith.
- Do not smoke, vape, or use any nicotine products for 6 weeks before and after your procedure. Nicotine significantly delays healing and can worsen scar appearance.
- Avoid direct sun exposure to the incision for several months after surgery. Once approved by Dr. Smith, use SPF 30+ sunscreen daily to help prevent scar darkening.
- Do not apply makeup, scar creams, silicone products, or skincare directly over the incision until instructed to do so.
- You may begin scar care treatments such as silicone gel or scar massage only after cleared by Dr. Smith at your follow-up appointment.

#### **Call the Office if You Notice Any of the Following:**

- Temperature greater than 100.4°F
- Excessive redness, warmth, or swelling around the incision
- Drainage that is yellow, green, or foul-smelling
- Bleeding that does not stop after 15 minutes of firm pressure
- Sudden increase in pain not relieved with medication
- Separation or opening of the incision
- Any concerns regarding healing or appearance

You will receive your follow-up appointment information through our Klara patient communication app. Please contact us through Klara with any questions or concerns.

[www.jessesmithmd.com](http://www.jessesmithmd.com)