

PERK

PLASTIC SURGERY
BEVERLY HILLS



POST-OP | *Scar Rehabilitation*

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WEEK 0-2:

Wear steri-strips on the suture line at all times for 4 weeks after suture removal. These will be provided to you. You may shower or bathe with the strips in place. Remove every 5-7 days, bathe, dry the area gently and reapply. If you have dermabond (glue) on your incision, you don't need to wear steri-strips.

WEEK 2-4:

Continue to wear steri-strips at all times. It will optimize the final appearance of your incision.

Most of the swelling and discoloration should be resolved.

If you have dermabond (glue) on your incision, you don't need to wear steri-strips.

WEEK 4:

Use PERKPotions Scar Recovery Gel twice daily by massaging into the incision in a circular fashion. Use the gel for 6 months to minimize scarring.

Further scar rehabilitation may be recommended.

MONTHS 9-12:

The scar will be re-evaluated at this time. Infrequently, scar revision may be needed, but will not be performed until at least 12-15 months after surgery to allow for maximal wound healing.

Direct sun contact on the surgical site should be avoided for 6-12 months. Please use sunscreen at least SPF 15 or higher with UVA and UVB protection at all times.