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FACIAL PLASTIC & COSMETIC SURGERY  
ALLERGY TESTING & TREATMENT  
HEARING AID SALES & SERVICE

Post-Operative Instructions  
**INCISION CARE**

Visibility of a scar or incision in the skin is dependent on a number of factors. Some of these factors include the location, the type of reconstruction needed to close the wound, and how you care for it afterwards. Keep in mind that although incisions do most of their healing and strengthening in the first 4-8 weeks, they continue to heal for up to a year.

- Wash your hands before and after touching your incision. Hand washing is the best way to prevent infection.
- Avoid water on the incision for 48 hours, clean the incision with peroxide and apply antibiotic ointment three times a day.
- If there are “steri-strips” over your incision, gently clean as well as you can in between them and pat them dry. Do not pull, tug, or rub the steri-strips. You may trim these as they curl up.
- Watch your incision every day for any separation, bleeding, or signs of infection. Signs of infection may include redness, swelling, excessive drainage, or odor.
- It is normal to have some numbness around the incision for some time after surgery. This should subside as the incision heals.
- Do not put any stress on the incision. Plan your daily activity so that you can rest and avoid lifting heavy objects.
- Avoid exposing your incision to the sun.
- Take your pain medication as prescribed. Non-aspirin medications may be substituted as tolerated.

**A post-operative appointment has been scheduled for \_\_\_\_\_**

**LOCATION:**

- |  |   |
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| <input type="checkbox"/> <b>Southwest</b><br>1555 44 <sup>th</sup> St. SW Wyoming MI 49509 | <input type="checkbox"/> <b>Northeast</b><br>1425 Michigan NE Grand Rapids MI 49503 |
| <input type="checkbox"/> <b>Mecosta</b><br>705 Oak St. Big Rapids MI 49307                 | <input type="checkbox"/> <b>Hastings</b><br>915 W. Green St. Hastings MI 49058      |
|  | <input type="checkbox"/> <b>Greenville</b><br>403 S Nelson St Greenville MI 48838   |

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