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## Post-Operative Instructions for Scar Revision/Excision

You may take Advil or Ibuprofen for post-operative discomfort (if you have not been ordered any other pain medication. Unless there is any medical reason why you cannot take this medication.

Smoking may delay the healing process. If you smoke, reduce the amount as much as possible for 2 weeks before and 2 weeks after surgery.

You may have a small dressing over steri strips on the incision. Leave this in place.

Wait 2 days after surgery before having a shower (**NO BATHS UNTIL THE INCISIONS ARE WELL HEALED**).

Walking is encouraged. Don't push yourself too hard in the first few days following surgery.

Normal activity may be started in 2-3 weeks. Vigorous physical activity in 4-5 weeks. Remember to take deep breaths in and out, slowly, during the first few days after surgery.

Most stitches are dissolving. (If not, they will be removed in 7 to 14 days after surgery).

You may experience some bruising and swelling. The majority of this will be gone in 2 –3 weeks.

If you have any questions, please contact our office between the hours of 9 - 5pm at 416-323-1330

If you are a Windsor Patient, please contact the Windsor/Tecumseh office at 519-727-1010

You will be provided with an after-hours/holiday/emergency contact information approaching your surgery date.