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SCAR MANAGEMENT

After the sutures are removed

A supportive skin tape dressing (Fixomul/ Hyperfix) is applied directly to the wound. Please leave this tape in place for up to 2 days and continue to tape up to weeks.

Shower as normal with tape in place. Pat dry.

Additional tape (fixumol, hypafix) can be purchased from your pharmacy and may be re-applied for up to three months if directed by your doctor.

After one week, and only if the skin is clean and dry, you can use

- Dermatix
- Chlorsig
- Other

Avoid activities that could cause your scar to pull apart in the first 4 weeks after surgery. See diagram
Limiting movement of the wound area will aid in wound healing.

Avoid lifting, straining, contact sports, intense exercise.

Healing skin requires six months to restore most of its strength.

Sun exposure.

- A healing scar will darken and be more noticeable if it gets sunburnt.
- Limit your sun exposure for the first six months after surgery.
- When outdoors, cover your scar with tape or sunscreen.

AFTER SURGERY DRESSING INSTRUCTIONS

BACK OR CHEST

- Your dressing is waterproof, so you can get it wet, but no swimming.
- Keep your dressing on for 4 days then replace it with the spare dressing given to you by the nurse and keep that dressing on for a further 4 days.
- After 8 days you shouldn't need a dressing on the site except to keep it clean from activities, and if this is the case use a breathable dry dressing.
- Apply the Chlorsig ointment 3 times a day until stitches are removed.
- Stitches will be removed after 14 days (unless told otherwise).

FACE OR SCALP

- Your dressing is / is not waterproof, so you can / can't get it wet.
- Keep your dressing on for 48 hours then remove at home unless told otherwise.
- Apply the Chlorsig ointment 3 times a day for 5 days. You are able to shower but no swimming.
- Stitches will be removed after 7 days.



Chlorsig Ointment – Available over the counter at pharmacies.

LEG, FOOT, ARM OR HAND

- The wrap placed on your excision site must stay on for 24 hours. Once the wrap is removed the dressing underneath is waterproof (unless told otherwise), so you can get it wet in the shower but no swimming.
- Keep your dressing on for 4 days then replace it with the spare dressing given to you by the nurse and keep that dressing on for a further 4 days.
- After 8 days you shouldn't need a dressing on the site except to keep it clean from activities, and if this is the case use a breathable dry dressing.
- Apply the Chlorsig ointment 3 times a day until stitches are removed.
- Stitches will be removed after 14 days.



Dermatix Scar Gel – Available over the counter at pharmacies.

Following your operation, you can expect:

- **Some pain and slight discomfort**

Take paracetamol (Panadol) as directed

Applying a cool pack and pressure helps with any discomfort

Avoid Aspirin based pain relief and anti-inflammatories (e.g. Nurofen)

- **Mild oozing and even bleeding. When this occurs you should**

Apply pressure with a cool pack for 15-20 minutes each hour

Keep the area elevated if possible. The bleeding will usually settle.

- **Bruising and swelling increasing over the first two days and then settling**

This is particularly evident around the eyes with surgery on the face

If any moisture gets under the dressing within this period, the dressing will need to be replaced. Please contact the clinic or obtain another dressing from your local pharmacy.

If your wound becomes infected please contact the clinic.