

SKIN CARE INSTRUCTIONS

- Keep area clean and dry for 2 weeks
- Keep steri- strips on for 2 weeks
- Scabs can be cleaned gently with Q-tips, and hydrogen peroxide and water 50:50 (please do not rub hard)
- After 2 weeks or once the skin has healed without scabs or bleeding, start massaging the scar.
- Massage for several minutes at least twice a day with vitamin E oil. (This can be purchased at your local pharmacy)
- Scar products like Mederma can also be used at this time, but aren't required
- Tension is bad for scars so avoid any trauma to the area
- Sun is bad for scars so keep sunblock on the area, or cover it with a band aid
- Steri- strips can be continued for 4 weeks to try and minimize tension to the area
- If the scar is not healing favorably ask Dr. Ricalde if you are a candidate for steroid injections