



### **Sutures Were Removed Today**

1. Keep the steri-strips dry until they fall off on their own. If the edges become loose, you may trim them.
2. When the steri-strips fall off (in about 3-4 days), if the incision has any scabs, you may clean it with ½ strength Hydrogen Peroxide and water on a Q-Tip. Follow with a Q-Tip with water, and then be sure to dry the incision completely with a dry Q-Tip.
3. Once the steri-strips are gone, begin wearing brown tape 24 hours per day for at least three months. If, at the end of three months, the scar is still hard and/or raised, continue taping until it is smooth.
4. If the tape causes any irritation, remove it until the irritation clears and then try taping again. If the irritation returns, remove the tape and call our office.
5. When you are two weeks post-op, you may begin massaging. Massage the scar in a circular motion at least four times per day for ten minutes each time. You may massage with Vitamin E cream, Mederma cream, or creams with lanolin in it as long as you are not allergic to them. If the scar is on the lip, put your finger under the lip, your thumb on top and massage the lip between them. Please remember that massage is an essential part of the healing process. You should massage for at least three months or longer if the scar is not soft.
6. Be sure to protect the scar from sun exposure for approximately one year. Sun exposure to the scar can cause permanent color change, thus making the scar more noticeable. You should use sunblock once the incision is healed (approximately 3 weeks). You may also wear brown tape and a hat for protection against the sun.
7. If the patient is a baby or a small child, please continue to keep the arm restraints on until the patient is three weeks post-op. If you are holding the baby, and watching closely, you may remove the arm restraints to allow the baby to exercise his/her arms. Otherwise, the arm restraints should be worn at all times to protect the incision.
8. Please do not use straws or anything that would make you pucker your lips, etc. Babies should not be give bottles or pacifiers until three weeks post-op as well.
9. If you have any questions or problems, please contact our office.