

PERSONAL INCISION CARE PROGRAM

We recommend that the following program of skin care be followed to improve the contour and final appearance of your incision lines while promoting the healing process.

(Please Note: This program is not to be used for eyelids).

- 1) Apply ice cool compresses during the first 48 hours, and then as needed (usually morning and evening) after two days.
- 2) You may shower after 48 hours when your incision line is sealed and bandages and surgical tape are removed.
- 3) Continue to cleanse with a solution of half boiled water and half hydrogen peroxide. (This will be provided from our office)
- 4) Apply the following ointments to minimize infection, provide relief from discomfort, and promote healing: (These will be provided from our office)

Days 1-3: (Day one is first day after surgery)

Jar No. 1 (Doctor's Formula) - Apply lightly to facelift incision lines twice daily for 3 days only. Doctor will cleanse incisions and apply ointment first time in office.

Days 4-14:

Jar No. 2 (Doctor's Formula of Bacitracin and Hydrocortisone) – Use twice per day. This product is especially beneficial in stitched areas that are slightly irritated.

Days 15-20:

Jar No. 3 (Dilute ½% Hydrocortisone Ointment) – Use twice per day to minimize redness, swelling and itching. This is also available over-the-counter as ½% Hydrocortisone cream.

Days 21-30:

Jar No. 4 (Aloe Vera Gel) – Use twice per day. The healing properties of aloe vera have been known for years. A good moisturizer can also be used at this time. You might use Vaseline at night. During the day, your BioMedic Antibac or Extra Mild Protection will prevent dryness and itching.

PERSONAL INCISION CARE PROGRAM (PAGE TWO)

- 5) Patients who have a history of forming problematic scars may be advised to use Retin-A combined with Eldoquin Forte before and after surgery to decrease thickness and pigmentation of incision line scars. Prior to surgery, apply a pea-size amount of Retin-A to anticipated surgical sites every night, running in well. Repeat with Eldoquin Forte. If you develop irritation or redness, cut back to every third night. If not, progress to every night. 1/2% Hydrocortisone cream (available over-the-counter) can be applied twice a day if irritation occurs. Treated areas must be protected from any sun exposure before surgery and for six to twelve weeks after surgery.

DO NOT APPLY VITAMIN E OIL, OINTMENTS FROM YOUR FRIENDS, OR ANYTHING ELSE UNLESS YOU ARE INSTRUCTED TO USE IT BY THIS OFFICE.

- 6) For three months, your incision line must be totally protected from sun exposure by using a good sunscreen. A good, complete Sunblock in skin colored zinc oxide paste. BioMedic Sunscreen 15 SPF or 30 SPF is the sunscreen of choice.
- 7) Always test new products on a small area of your incision line overnight to ensure that you don't develop a rash or irritation.
- 8) Remember that certain medications, such as birth control pills, antibiotics and high blood pressure pills, can increase your sensitivity to the sun, so be sure to protect your skin.

Nurse's Signature

Date

Patient's Signature

Family Member's Signature