# Post-Operative Instructions

# Scar Revision

Please read the instructions carefully. Should questions arise during your recovery, please use the contact information at the bottom of the sheet.

**Immediately after surgery**

* Sutures, if permanent, are normally removed within 4 - 14 days after surgery.
* Limit lifting, pulling, pushing, straining for at least 7 days.
* No smoking for 3-6 weeks and no alcohol for one week after surgery.

**You can expect**

* Moderate discomfort, which should be relieved with the pain medications.
* Moderate swelling.
* Black and blue discoloration.

**As time goes by and you are healing, the following guidelines apply**

* Most patients return to non strenuous work 7 - 10 days following surgery.
* Strenuous activities can be resumed at approximately 3 weeks post op.
* Swelling, bruising and soreness could take up to several weeks to dissipate.
* Avoid prolonged exposure to sun for one month to avoid scar darkening.

**Call the office if you experience**

* Severe pain not responding to the medications.
* A fever.

**Call the office at (703) 255-4922**

**AFTER HOURS you may reach Dr. Yousefi at 703-969-0637**

**For Emergencies Call 911**