



Post Operative Scar Care

Post op 1 week – 1 month

- Dr. Googe recommends starting Aquaphor application at your 1 week post op visit. Apply Aquaphor daily to your incision sites until your 1 month post op visit.



Post op 1 month – 1 year

- You can start scar massages at your 1-month post op visit and continue up to one year. This is a light massage across your incision sites to be performed daily to prevent scar tissue build up.
- Dr. Googe recommends starting silicone scar therapy at your 1-month post op visit. You can use either silicone gel or silicone sheets. Dr. Googe specifically recommends the brand “Scar Away”. You can apply the gel to the incision sites daily or apply a silicone sheet that can be left in place for up to 2 weeks.
- It is normal for wounds to occur during suture reabsorption post-operatively. If any wounds develop, do not use silicone gel. Switch to Bacitracin or antibiotic ointment over the wound until it is fully healed. Return to silicone gel at this time.

