



# SCAR REVISION POST-OPERATIVE CARE INSTRUCTIONS

# Wound Care & Dressing

- First dressing: 24 - 48 hours after the procedure at the clinic
- Thereafter: either every 2 - 3 days at the clinic, or at home daily after shower if cleared
- At home dressing steps:
  1. Wash hands thoroughly with soap and water
  2. Gently remove the old dressing
  3. Clean the incision with antiseptic solution
  4. Pat dry with sterile gauze
  5. Reapply a fresh sterile dressing without touching the wound directly
- Keep the dressing clean, dry, and intact until the next change
- If the dressing becomes soaked, loose, or falls off, contact the clinic immediately

# Scar & Skin Care

- After sutures are removed (usually at day 7 - 10)
- Begin scar treatment as instructed (e.g. silicone gel/sheet)
- Protect scars from direct sun for at least 12 months



## Activity & Positioning

- Rest and avoid unnecessary strain on the operated area for the first 2-3 days
- Gentle daily activities are safe, but avoid stretching or pressure over the incision

## Expected Recovery

- Mild swelling, bruising, and discomfort are normal for the first days
- Final scar appearance may take several months to mature

## Medications

- Take prescribed medication exactly as directed
- Do not stop medications early unless advised

## Showering

- You may shower only after the doctor confirms it is safe (usually within a few days)
- Use mild soap and lukewarm water
- Gently pat dry with a clean towel, do not rub the incision
- Do not soak the wound in baths, pools, or the sea until it is fully healed

# Follow-Up Schedule

- First dressing: 24 hours - 48 hours after the procedure, for wound dressing at the clinic
- Thereafter: clinic every 2 - 3 days or at home daily if cleared
- Suture removal: day 7 - 10
- Minimum Follow ups with Dr. Dora after your scar revision:
  - 1 month
  - 3 months

# Lifestyle Guidance SOMA Protocol

- Stay hydrated and eat a low-inflammatory diet rich in lean protein, vegetables, and omega-3s
- Avoid smoking, vaping, or nicotine in any form, this compromises healing
- Avoid alcohol for at least 2 weeks
- Take recommended supplements for healing and recovery
- Avoid sugar to reduced inflammation and better healing



# Warning Signs

- Severe pain not relieved by medication
- Redness, warmth, foul odor, or pus from the incision
- Bleeding that does not stop with gentle pressure
- High fever ( $>38.2^{\circ}\text{C}$ )
- Any other new symptom that you find worrisome

# Important

- These are general guidelines  
The doctor may modify or change instructions depending on your healing progress

# CONTACT US

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