



Jeremy Richardson  
SPECIALIST PLASTIC SURGEON

## Post-operative Scar Management Instructions

### Scar management

- Scar taping and massaging will significantly improve your scar’s appearance.
- For approximately 3-4 months following surgery, your scar will be raised and lumpy. The scar will be visible and pink for 12 months, and fade to a mature pale line by 18 months when final cosmetic result will become apparent.
- **Sun protection:** Apply a block-out to all scars using either sunscreen or Micropore tape. The scar will be more sensitive to sunburn, resulting in long-term discolouration of the scar.

### For incisions and scars:

1. **First 6 weeks:** Apply **Micropore tape** to the incision(s). You may get this wet in the shower - it will dry or you may gently dry it with a hair drier. Replace the tape every 3-4 days only if soiled or unstuck.
2. **Before replacing the tape after showering:** apply a simple **moisturiser** and massage the area.
3. From **6 weeks to 6 months** after surgery: massage **silicone gel** (e.g. Kelocote) into the incision morning and night.
4. Thereafter, apply a simple **moisturiser** and daily **massage** the area.

### For skin grafts or scalp incisions:

1. Apply a small amount of **Vaseline / Chlorsig ointment** to the area morning and night until it is dry and sealed.
2. Cover the graft with a simple light dressing when going out.
3. From **2 weeks to 6 months** after surgery: massage **silicone gel** (e.g. Kelocote) into the incision morning and night.
4. Thereafter, apply a simple **moisturiser** and daily **massage** the area.

Please contact Mr Richardson’s Rooms if you experience any of the following: significant bleeding, major swelling, severe pain, redness, unexpected numbness, discharge from the wound, separation of the wound edges or if you have any concern:

During business hours	(03) 9486 6721
After hours:	0456 668 469
All medical emergencies	000 or your GP

### Discharge Nurse

Signature: .....

Name: ..... Date: / / 20