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POST OPERATIVE SCAR MANAGEMENT

Breast reduction/Mastopexy & Abdominoplasty surgery

Scar Management:

The basic principles of scar management are:

1. To reduce tension across the wound and minimise the scar stretching.
2. To apply pressure to the scar to maintain the flatness of the scar.
3. Massage of the scar to improve the softness.

To this end the following regime will prove helpful and act as a *guideline* for management of the scars for the first two months post operatively.

Apply a micropore surgical tape length-wise to the scars. The tapes can be left intact and one can shower over the tapes and when they fall off in due course, which may take 1-2 weeks, then leave the tapes off for approximately a 12-24 hour period. During this 12-24 hour period, massage length ways along the scar with E45 (or similar hypoallergenic cream) is useful. When the skin is dry after a few hours after applying the E45 cream one can re-apply the micropore surgical tapes in a length-wise fashion. If there are areas of particular nodularity/wrinkling then vigorous massage will be more important and it would be best to use E45 moisturising cream in those particular areas as opposed to taping.

If there are any queries whatsoever please email at: info@fogartyplasticsurgery.com