

# SUTURE REMOVAL

## AFTER SUTURE REMOVAL INSTRUCTIONS

If Steri Strips have been applied, try to keep them dry. It generally takes 3-5 days for Steri Strips to come off on their own. They will start to lift at the edges, and you may trim them but do not remove them.

If Steri Strips have not been applied (or after they have come off), wash the area daily. Then, continue to use Vaseline or Aquaphor on the area twice a day. If desired, you may put a band-aid on the site for another week after the sutures have been removed. Then you can restart your regular skincare regime (using make-up and sunscreen).

## MASSAGE

Two weeks after the sutures are removed, begin massage of the scar. **DO NOT START EARLY.** Place one or two fingers on the scar line and massage in circles for 5 minutes, three to four times per day for three months.

## SCAR THERAPY

Two weeks after the sutures have been removed, begin scar therapy using Fig Silicone Scar Treatment. The proprietary formula in this product creates the optimal environment for healing and skin renewal. It is breathable, translucent, and fragrance-free and stays put all day.

### Key Ingredients in Fig Silicone Scar Treatment

- **Glycerin:** Humectant provides a breathable barrier to help maintain skin hydration and seal in moisture.
- **Silicone:** Skin protectant has conditioning properties to help improve skin softness and elasticity.
- **Bromelain:** Naturally derived from the stems and fruit of the pineapple, bromelain is a proteolytic enzyme that works by digesting the skin's dead proteins and removing dead skin cells.
- **Green Tea Polyphenols:** The most potent antioxidant known; quenches more reactive oxygen species (ROS) than any other antioxidant.
- **Vitamin E:** An antioxidant helps protect skin from damaging free radicals that can cause visible signs of discoloration and redness.

### Other scar products we recommend can be purchased online:

- **Kelo-cote Scar Gel:** .5 oz. – Estimated cost \$55.00
- **Cica Care Silicone Gel Sheeting:** 4 3/4" x 6" – Estimated cost \$70.00
- **Mepiform Soft Silicone Gel Sheeting:** 2" x 3" box of 6 sheets – Estimated cost \$55.00



## SCARS

Scars improve with time. Generally a scar needs 12 full months to completely heal. The redness of all scars will fade with time. Often blood vessels may develop around the scar. These can be treated with a laser. If the scar is bumpy, it may have developed excess scar tissue (a hypertrophic or keloid scar) and need to be treated. Make a follow up appointment with your surgeon if you think your scar has not healed appropriately.



Available online or in the office.