

How to take care of your incision after surgery

- Do not remove the steri-strips. Dr. Kroeker will remove these at your follow-up visit.
- While the steri-strips are in place, do not place any cream or ointment on top of the strips.
- You may shower, but do not scrub or rub the steri-strips. Allow water/shampoo/soap to run over the steri-strips in the shower, then gently blot dry with a towel.
- If there are any tiny scabs, do NOT pick at them. Allow them to fall off in their own time. Do not "clean" your incision with anything (no soap, alcohol, etc.). Do not scrub or rub the incision in the shower.
- For first 2 weeks after steri-strips are removed by Dr. Kroeker: Apply a generous layer of Aquaphor 3-4 times per day and as needed to keep the incision moisturized.
- Following the 2 weeks of Aquaphor: Apply a silicone-based moisturizer such as Kelocote or a silicone scar strip. These are over the counter- you can find them at your local drugstore or on Amazon.com. Continue this for at least 3 months.
- Apply a broad-spectrum sunscreen SPF 50 or greater to the incision when outside, or wear a scarf/hat to protect the incision from the sun. Sun protection is vital for minimizing a scar and preventing hyperpigmentation.
- Six weeks after surgery, you may start gently massaging the scar several times a day to help soften underlying scar tissue.