

# SECOND INTENT PLAN "A"

1. Once the area is filled in (when you no longer feel a step-off), you will wean off bandaging by doing either ointment or a dry non-stick bandage for 3-4 days before stopping altogether. Do not continue bandaging or you will "overheal" and a fleshy bump may grow. Let the thin scab that forms fall off naturally (no picking, but vinegar soaks can help soften and expedite the process).
2. You may experience intermittent shooting pains as the sensory nerves regrow.
3. The scar may be red for months, then purple or pink, and then may end up slightly lighter or darker than your baseline skin tone.
4. Using a silicone gel immediately to help accelerate healing and minimize the appearance of your scar. Silicone sheets may be used after the first month (to avoid pulling on the wound).
5. Several months after surgery, the scar may feel hard as it matures. You may firmly massage the area for 3-5 minutes, 3-5 times a day and continue for two months. You may do this with petroleum jelly, scar reducing creams, vitamin E, cocoa butter, bio oil etc.
6. If the wound worsens (develops bleeding or ulcers, drains, becomes painful, etc.) And this lasts for more than two days, please call our office.
7. Always remember to cover the scar with a broad spectrum sunscreen (SPF 30 or higher) from the time you stop bandaging until one year after surgery to avoid burning or irreversible discoloration.

