**T.Y. Steven Ip, M.D.**

## PLASTIC SURGERY

### Days 1-5

**WOUND CARE INSTRUCTIONS**

 Apply Polysporin or Bacitracin ointment sparingly to the suture line for the first two days only. Discontinue ointment after two days as it may cause a skin irritation or reaction (dermatitis.) **If you have DermaBond (skin glue) closure, you do not need to apply ointment to the area.**

 Apply cold compresses as much as possible to the incision site during the first 3-5 hours to help reduce swelling.

 With permission you may shower the second post-operative day. Let the water hit the area and blot dry. The swelling and discoloration peak at the third day and then decrease over the next 5-7 days.

 If applicable, elevate the operated area above the level of the heart.


### Days 5-7

 If the incision is well healed all sutures will be removed.

 Wear steri-strips on the suture line at all times for the next 4 weeks, after suture removal. The steri-strips will be provided for you.

 You may shower or bathe with the strips in place. Remove every 5-7 days, bathe, dry the area gently and reapply.


### Week 2-4

 Continue to wear steri-strips at all times. The longer you are able to wear the strips after surgery will optimize the final appearance of your incision.

 Most of the swelling and discoloration should be resolved.


### Week 3-4

 Use Scar Cream like Mederma, Hybrisil, or Keto-cote twice daily by massaging into the incision in a circular fashion. Use the cream for 6 months, which minimizes scar problems.

 You may purchase the scar fading creams either over-the-counter at your local pharmarcy or through our office.


### Months 9-12

 The scar will be re-evaluated at this time. Infrequently, scar revision may be needed, but will not be performed until at least 12-15 months after surgery, to allow for maximal wound healing.


# Strenuous activity and heavy lifting is to be avoided for at least 4-6 weeks.

* **Direct sun contact on the surgical site is to be avoided for 6-12 months. Please use a sunscreen SPF 15 with UVA and UVB (Skinceuticals.)**

1

**WOUND CARE INSTRUCTIONS (continued)**

It is important to be seen by Dr. Ip after your initial post-op checks. He will see you at scheduled follow-up appointments. Call to schedule your appointments at Newport Beach Office (949) 548-0300 or Park Avenue NYC Office (855) 742-8800 between the hours of 8:30 – 6:00.

## IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. IP

If you are a patient at one of the facilities below, please call between the hours of 8:30-6:00. If you need immediate care, please call Dr. Ip anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Ip’s cell: (949) 212-1619

Dr. Ip’s email: tystevenipmd@mindspring.com

Dr. Ip’s website: [www.](http://www/)[surgery-plasticsurgeon](http://www.drrohrich.com/).com

Newport Beach Office:

351 Hospital Road, Suite 319 Newport Beach, CA 92663 (949) 548-0300

Park Avenue NYC Office: 799 Park Avenue

New York, NY 10021 (855) 742-8800

2