

Corpus Christi Institute of Cosmetic & Plastic Surgery

POST OPERATIVE INSTRUCTIONS FOR SCAR CARE

- Avoid exposure of scar to sunlight for 6-12 months. If unavoidable, use sunblock (SPF 30 or greater) with zinc oxide or titanium dioxide.
- Massage scars ten minutes at a time, three times daily for 4-6 months.
- Please start using your silicone after incision has fully healed or as instructed by Dr. Bindingavele. Use silicone for twelve hours daily for 4-6 months.
- Silicone Gel and sunblock are available for purchase at our office.

Dr. Vijay Bindingavele, M.D., F.A.C.S
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