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Your recovery is just as important as your surgery.

WOUND CARE INSTRUCTIONS

Shave Excision

A shave excision creates a shallow, open wound that heals from the bottom up (no stitches). Keeping the wound clean, moist, and covered until it closes — typically 1–3 weeks — leads to faster healing and a better cosmetic result. Following these instructions closely will help you heal comfortably. Please read the entire document and keep it handy throughout your recovery. Call our office at **949.650.8882** (Newport Beach) or **310.467.2180** (Beverly Hills) with any questions or concerns.

Supplies You Will Need for Wound Care

- A fresh bottle of hypochlorous acid to ensure its potency. We recommend Recovery No. 1 which can be purchased in our office.
- Vaseline Original Petroleum Jelly (plain only — no cocoa butter, aloe, or scented versions).
- Cotton-tipped applicators.
- A gentle facial cleanser such as Vanicream Gentle Facial Cleanser.

Wound Care

- **For the first week after your procedure:** Wash your face with a gentle facial cleanser such as Vanicream Gentle Facial Cleanser.
 - Spray the area with hypochlorous acid, let it dry for 60 seconds, then apply Vaseline to the shave excision site with a cotton-tipped applicator. Cover the wound with a bandage (e.g., a Band-Aid) to protect the shave excision site from sun exposure.
 - Spray with hypochlorous acid and apply Vaseline 3–4 times a day.
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Activity

- Shower after 24 hours; avoid direct spray to the wound.
- Avoid pools, hot tubs, and the ocean for 4 weeks.
- Avoid strenuous activity for 2–3 days.

Medications

- Tylenol (Acetaminophen) for discomfort as directed.
- **Avoid aspirin, ibuprofen, naproxen, fish oil, vitamin E, and alcohol for 72 hours** — these can prolong oozing.

Nicotine

- **Avoid all nicotine** (cigarettes, vaping, patches, gum) for 2 weeks before the procedure and do not resume nicotine until 2 weeks after your procedure. Nicotine slows healing and worsens the final scar.

Sun Protection

- Keep the wound covered and protected from the sun for the first 2 weeks. Do not apply sunscreen for the first 2 weeks.
- **After 2 weeks**, apply a broad spectrum SPF 30+ sunscreen daily for 6–12 months to prevent a darkened scar.

Scar Care (1 month and Beyond)

- **Silicone gel:** Begin 1 month post procedure. Apply daily for 8–12 weeks.
- **Scar massage:** Begin at 1 month after your procedure. Gentle circular pressure for 2–3 minutes, 2–3 times daily.
- **Daily SPF:** Continue broad spectrum sunscreen SPF 30+ for 6–12 months (see above).
- **In-office treatments:** Ask about laser, steroid injection, or other refinement options if the scar becomes raised, red, or thickened.

Questions or Concerns?

Please do not hesitate to contact our office at **949.650.8882** (Newport Beach) or **310.467.2180** (Beverly Hills) during business hours. For life-threatening symptoms, always call 911 or go to the nearest emergency room first.

Healing is a gradual process. We are here to guide you every step of the way.