

## TAKING CARE OF YOUR INCISIONS AFTER YOUR NATURAL LIFT PROCEDURE

The second day after surgery, you will start using ‘Dakin Solution’ and apply it to your incision lines. We provide this for you at a cost of \$10.00. We supply it to you in a convenient flip top pour spout which makes it easy for application. This solution will cleanse, sanitize and lighten your incision lines. A note of caution is to be sure to protect your clothing as this solution will stain your clothing (similar to bleach).

1. Cleanse your skin with a gentle face cleanser such as Cetaphil (easily purchased at most pharmacies).
2. After you have cleansed your skin, pour the Dakin solution onto gauze (do not use a cotton ball as it will stick to the incision area), gently dab onto your suture lines and let it dry.
3. After applying the Dakin solution, you will then apply Bacitracin ointment, also available for purchase at most pharmacies - this is an antibiotic ointment which helps prevent infection. Apply it liberally to your incision lines.
4. Continue applying the Dakin solution and Bacitracin ointment twice a day to the incision area for approximately two weeks, or until you have been directed to stop.
5. The day after your procedure, you will start wearing your head compression garment for a week (we will give it to you the day after surgery). You need to wear your head garment the first 3 days, both day and night; however, it is okay to take the compression garment off during the day if you are going out. Please wear it for the week following your procedure.

**HEAD GARMENT CARE: You may wash your head garment by hand and let it hang dry.**

**Dr. Sadati will tell you when you no longer need to apply the Dakin solution or Bacitracin to incision areas.**

6. One week after your sutures are removed, you will start applying a small amount of Scarfade cream (you can purchase this from our office at a cost of \$30 dollars). You will mix the Scarfade with 1% hydrocortisone cream (you can find this in any pharmacy). Mix equal amounts of each, put it on your finger and lightly massage onto your incision sites twice a day for approximately two weeks. This is done to break down the scar tissue that can form. Skin must be clean before applying the creams. Lightly massage and **massage should not** last more than **a few seconds** per suture area.

It is normal that the additional rubbing will increase the redness of the suture line slightly. Please follow our instructions because they will help with the healing process, as well as aid in the prevention and reduction of scarring.

If you have any questions regarding these instructions, please call our **office at (949) 706-7776 during office hours**. If you feel there is extreme or unusual swelling, oozing or pain, please call our **afterhour’s number at (949) 200-3808** to speak with Dr. Sadati.