KIRWAN
PLASTIC SURGERY

Laurence A. Kirwan, MD, FRCS, FACS
10 Mott Avenue Suite 1A \ Norwalk, CT 06850
Phone 203-838-8844 \ Fax 203-774-1177

Pre & Postoperative Instructions - Upper Lip Shortening

- Please apply the Mupirocin ointment to the incision three times a day. Clean the wound with a Q-tip and saline solution. Stitches are removed from two to five days after surgery. After that the wound is supported with Steri-strips or 'fine mesh gauze and collodion' skin glue to prevent stretching of the wound. These dressings stay on for 48 hours or longer and are changed as necessary. The exception is when the stitch extends beneath the skin and is a so called "sub-cuticular" stitch. This kind of suture can be left in longer because it does not leave stitch marks. It comes out at approximately four to ten days after the surgery, depending on its location.

- After all the stitches are out, the wound should be protected from the sun with a sun block (sun protection factor 15 or greater) until the scar is no longer red. Redness fades over six to eighteen months. If the scar is exposed to the sun prematurely, it may tan and remain pigmented after the surrounding tan has faded. Normal medications which help wound healing are multi-vitamin preparations and Vitamin C (1500 milligrams a day). If you smoke, remember that each cigarette consumes 100 milligrams of Vitamin C. A high protein diet is also helpful. A non-allergenic moisturizing lotion is recommended to keep the tissue supple and to use when indoors. Avoid scented preparations. We recommend Skinade to help collagen regeneration and Silicone based topical products such as Stratamed and Strataderm. We will advise you when to start these skin products.

- It is important that the wound is kept dry in the first two weeks after surgery. If the stitches are wet, water can track along the suture line into the wound and cause an infection. Do not disturb the dressings, allow Dr. Kirwan or his nurse to change them as necessary. If there are signs or symptoms such as redness, swelling, pain or a discharge, please call the office.

- We can guarantee that we will do our best to take care of you and insure the best result. However, we cannot guarantee how your wound will heal. Sometimes a scar that is repaired well and looks good in the early period after an injury may later become widened or raised. A raised scar is called a "keloid" scar. Keloid scars can be treated with one or more Injections of steroid. Also, if you miss your follow-up appointments your result may be worse.

- After all stitches are out, you will be given a follow-up visit four weeks later. The reason for seeing you at this time is to check for keloid formation. A final follow-up visit is usually scheduled four months later or six months after the original repair after this.