

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Patient ID: [Insert ID Number]

Subject: Post-Surgery Scar Care and Wound Healing Instructions

Dear [Patient Name],

As you recover from your recent procedure on [Date of Surgery], proper care of your incision site is essential for optimal healing and to minimize scarring. Please follow these guidelines:

1. Wound Care Basics

- Keep the surgical dressing clean and dry for the first [Number] hours.
- Wash your hands thoroughly before touching the area around the incision.
- If directed, gently clean the area with mild soap and water; pat dry with a clean towel.

2. Scar Management

- **Sun Protection:** Keep the scar covered or use SPF 30+ sunscreen once the wound has closed. Sun exposure can cause permanent darkening of the scar.
- **Massage:** Once the sutures are removed and the skin is fully closed, gently massage the scar with [Recommended Lotion/Silicone Gel] for [Number] minutes daily to improve flexibility.
- **Silicone Sheets/Gel:** Use medical-grade silicone products as instructed to help flatten and soften the scar tissue.

3. Activity Restrictions

- Avoid heavy lifting or strenuous exercise for [Number] weeks to prevent stretching the incision.
- Do not submerge the wound in baths, pools, or hot tubs until cleared by your surgeon.

4. When to Call Your Doctor

Contact our office immediately if you experience:

- Fever over 101F (38.3C).
- Increased redness, swelling, or warmth around the incision.
- Pus-like drainage or a foul odor.
- The incision begins to pull apart or open.

If you have any questions regarding your recovery, please contact us at [Phone Number].

Sincerely,

[Doctor/Provider Name]
[Clinic/Hospital Name]