



Anti-Aging And Medical Skin Care Center

Scar Subcision Treatment

Post Treatment Care:

- For the first 24-48 hours after treatment, it is normal to feel tender or slightly sore in the treatment area(s). You may take any over-the-counter medications you would normally take for discomfort as needed.
- You may observe bruising and skin discoloration on the treated site(s). Bruising is common but does not always occur.
- You may notice some mild swelling over the treatment site(s) for typically less than 48 hours, but swelling has been reported for up to a week.
- Slight blood tinged oozing may be noted within the first hour after the treatment.
- Do not touch the treatment areas with your fingers except to wash for the first 24 hours. Touching the treated area(s) with your bare fingers may lead to infection. If you had subcision done on your face, you may resume normal washing or shower activities after 8-12 hours, unless instructed otherwise. If you had scar subcision on your body, please do not soak or do prolonged bathing in the first 24 hours.
- If you feel swollen or sore, apply a clean wet washcloth or other compresses using clean cold water gently to the treatment area(s) for 10-15 minutes on and off as needed throughout the first 24 hours. This will help minimize swelling and pain.
- You may resume all other normal activities the next day.
- If you get a scab, DO NOT pick the scab. The longer the scab stays on, the better the wound / scar will appear.
- Do not apply any makeup to the treated area(s) for 24 hours. Make sure makeup brushes and sponges have been washed and cleaned prior to resuming makeup.
- The treated area(s) should feel relatively back to normal within 72 hours, although occasionally the treated areas may be slightly tender to touch for up to a week. Results will take at least 12 weeks or more before the scars will be remodeled at the cellular level, although some improvement can be noted immediately.
- Please apply a mineral 50 SPF sunscreen to the sun exposed treatment area(s) every hour while outside. Unprotected sun exposure can inhibit healing.

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Please call us if you get the following symptoms:

- Pain that gets worse a few days after the procedure
- Significant swelling
- Persistent bleeding more than 40 minutes – If you have bleeding, apply firm pressure over the site with gauze or anything clean like a paper towel for 20 minutes. If bleeding does not stop after 20 minutes, apply pressure again for 20 minutes. If bleeding persists after that, call or text us immediately.
- A temperature above 100.5 for 24 hours
- Increased redness, warmth, swelling, pus-like drainage at the treatment site(s)

Repeat treatment can be done every 8 weeks. (Most people need only 1-2 treatments on average).

Thank you for your business.

LouAnn Perugini, ACNP, FNP, DCNP, CANS

Dermatology and Aesthetic Board Certified APRN

DermAesthetics, Anti-Aging, Laser & Medical Skin Care Center

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