

VAN LENNEP KLINIEK



By Cosmetique Totale

Before and aftercare scar correction

Preparation

When you undergo an operation for a scar correction, we will do everything we can to make the treatment run as smoothly as possible. We also need your cooperation. Below you will find clear instructions. By following the instructions, the treatment will be more comfortable for you, recovery will be faster, and it will promote an optimal result. It is therefore important that you read the instructions below carefully and follow them precisely.

Before the treatment

- Pictures are taken by the doctor's assistant.
- You will carefully read the treatment agreement and sign it. If questions arise, feel free to discuss them with the doctor
- Remove any make-up in advance if the mole or spot is in the face region.

During the treatment

The doctor will mark the area before the operation, considering the so-called skin lines. These are lines in which the skin folds and will lead to a less noticeable scar. The operation takes place under local anesthetic. You will not feel any pain during the procedure. The procedure takes about 15 to 30 minutes, depending on the location and the number of spots to be removed. After the excision, the wound will be stitched up and an adhesive plaster will be applied. You can go home immediately after the procedure. At first, there may be some swelling or bruising. This will disappear within a few days. If the wound bleeds, we recommend that you continuously apply pressure for at least 10 minutes.



After the treatment

- Small bruises and swelling may occur. These will disappear by themselves.
- You can use cold packs to reduce the swelling
- If the wound is bleeding, we advise to apply pressure to it for at least 10 minutes.
- Resting the operated body party is recommended until the stitches are removed to stimulate the healing process.
- After removing the stitches, you can start massaging the scar for an even better result.
- You can apply a restoring and recovering cream on the scar
- Properly protect the scar with daily use of an SPF 50 over the course of a year.
- Pain medication usually is not necessary. If you do wish to take some before or after the treatment, we advise paracetamol 500mg. Maximum 6 tablets in 24 hours.
- You can go to work the day after your treatment.
- You can work out again after two weeks.

Check-up

A follow-up appointment will be made for the removal of the stitches

- After 1 week for treatments in the face
- After 2 weeks for treatments on the body

When to contact us

Please contact us if you are experiencing any of the following symptoms:

- Intense pain that stays or increases, even after taking pain medication.
- Infection of the wound: local redness, swelling, pain and potentially pus.
- Fever higher than 38,5 °C.
- Persistent bleeding of the wound, that does not stop after continuously applying pressure to it for at least 10 minutes.

In case of an emergency

If you have any questions about the treatment or about a certain reaction after your treatment, please contact us.

You can easily contact us by phone or e-mail, Monday through Saturday during openings hours. Our exact opening hours can be found on our website.



www.vanlennepkliniek.nl

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