

After your procedure, Dr. Lamperti recommends the following incision line care regimen to maximize your post-procedure healing:

Incision Care

- **Two to three times a day**, apply dilute hydrogen peroxide (mixed 50/50 with tap water) to the incision line with a Q-tip (non-sterile is okay). Let it bubble for a few seconds and then dab it off gently with the dry end of a Q-tip.
- With another Q-tip, apply a layer of plain Vaseline to the suture line. Dr. Lamperti prefers that you **avoid antibiotic ointment**, as there is a high likelihood of contact allergies (leading to excessive itching and inflammation) to the medicines in these products.
- Continue this incision care routine for at least **10-14 days** or until Dr. Lamperti recommends a different stopping point. It is okay to get your incision wet in the shower two days after your procedure. At this point the incision line is water tight.

This cleaning routine is meant to cut down on the amount of incision line crusting and to provide the most ideal environment for your skin cells to heal.

It is not required that you cover your sutures with a dressing, although it is okay to do so if you wish. Just be sure to maintain a layer of vaseline under your dressing to prevent it from drying out.