

# BIODERMA

LABORATOIRE DERMATOLOGIQUE

## MY SURGICAL FOLLOW-UP

**PATIENT**

FIRST NAME

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LAST NAME

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**SURGEON**

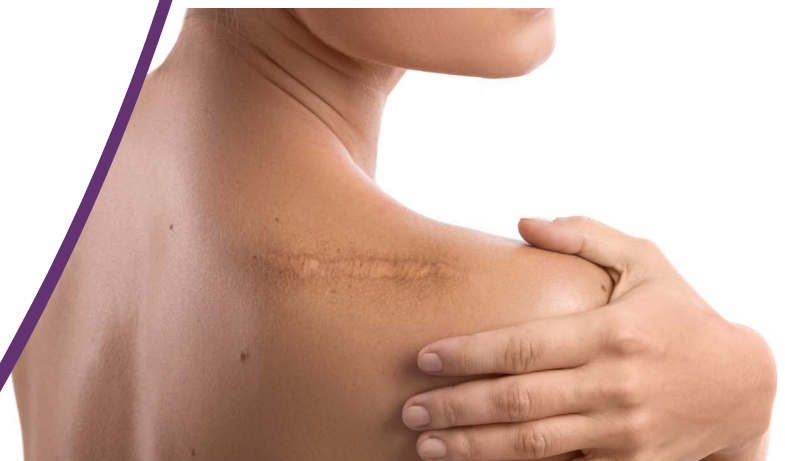
FIRST NAME

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LAST NAME

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INSTITUTION'S STAMP



# MY PLANNED SURGERY

**TYPE OF SURGERY BEING CONSIDERED**

Empty box for describing the type of surgery being considered.

**DATE OF THE PLANNED SURGERY**

Empty box for providing the date of the planned surgery.

**EXPLANATION OF THE PROCEDURE PERFORMED**

Empty box for explaining the procedure performed.

**PRE-OPERATIVE DIET AND HYGIENE ADVICE**

Empty box for providing pre-operative diet and hygiene advice.

# HOW CAN I TAKE CARE OF MY POST SURGICAL SCAR

1



## CLEANSE

The 3 weeks following the operation, use a mild **dermatological cleanser, without soap or perfume.**

The frequency must be determined with your healthcare professional.

2



## DRESSING\*\*

If necessary. Follow the recommendations of your healthcare professional and comply with the recommended dressing. Important to remember: the type of dressing will depend on the wound, and a follow-up by a nurse may be recommended.

3



## REPAIR

Once the stitches have been removed, apply a **repairing, soothing and fragrance-free cream twice a day** (follow the advice of your healthcare professional).

*'Hygiene is essential. During my visits, I clean the wound\* with water and soap, or saline solution. We use antiseptic products less and less frequently as they can affect the skin's microbiota. Yet cutaneous flora which is very important to preserve the healing process.'*

Thomas CRUCHAUDET, nurse

\*Wound closed with stitches or staples.

\*\*Ask your healthcare professional for advice. The use of a dressing may depend on the location of the wound.

# HOW CAN I TAKE CARE OF MY POST SURGICAL SCAR

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## PROTECT

The scar should not be exposed to the sun and should be protected by clothing.

However, for scars that cannot be protected by clothing, it is necessary to apply a care with SPF50+. This will **prevent** the scar from **leaving marks on the skin**.

*'It's not only at the beach in the summer that your **skin** is exposed to the sun.*

*Also remember to protect yourself in winter in the mountains or out and about in the city in spring or early summer. '*

Julien DUPUY, pharmacist

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## MONITOR

If you notice any signs of infection (fever, opening of the wound, redness or swelling around the scar), **consult a healthcare professional**.

*'Monitor any changes in the colour of your skin lesion. If it is pink, this is completely normal. But if you notice any **yellow or green**, there may be an infection. Opt for colourless cleansing products to see any colour changes more easily. If **in doubt**, consult a healthcare professional. '*

Julien DUPUY, pharmacist

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## MASSAGE

The massage improves the quality of the healing, softens the scar to make it aesthetic and reduces any swelling. After authorization from the surgeon and/or physiotherapist, gently massage the scar (after removal of the stitches and/or staples), using a soothing repairing cream **twice a day for 5 to 10 minutes maximum**.

Do not force your scar. It is normal to mobilize it to regain movement and amplitude, but it is important to follow the recommendations of your physiotherapist.

*'Massaging a scar for **5 minutes** isn't much. But it's hugely beneficial for the healing process - and an investment in the future! '*

Thomas CRUCHAUDET, nurse

## SCAR MASSAGE METHOD:

3 STEPS

1



### Flat hand massage:

massage flat with the whole hand in the direction of the scar.

2



### Massage by local friction:

with your fingertips, make small circular movements on the scar.

3



### Palpate and roll massage:

grab folds of skin between your thumb and forefinger. Slide your fingers along the scar.

# HOW CAN I TAKE CARE OF MY POST SURGICAL SCAR

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## BE PATIENT

The final appearance of the scar is only visible after 12 to 24 months. For the first 4 months, the scar may be red and tend to thicken, this is normal. It will then take on a less inflammatory appearance over time. **In case of doubt, contact a healthcare professional.**

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## LISTEN TO YOURSELF AND RECONSULT IF NECESSARY

Healing is a complex process. It depends on many internal and external factors that can have an impact on its evolution. There is therefore no single treatment for everyone. The most important thing is to be attentive to your scar, to monitor it and not to hesitate to reconsult if necessary.

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## ACCEPT

**Your scar is part of you, your history, your identity, you will learn to accept it with time.** If your scar is a real complex, do not hesitate to seek advice from professionals.

# MY BIODERMA PRESCRIPTION



Dr Michèle SAYAG

*'During the healing process, the scab acts as a protection for the skin against external aggressions. It should therefore not be removed. However, as the skin recovers, some unpleasant sensations may occur: **itching, discomfort**. This may lead you to remove the scab, thus restarting the healing process. This may have an **impact on the scar appearance, which may leave a mark.**'*

## Cicabio

A range dedicated to weakened or damaged skin, supports you during the healing process. **ANTALGICINE™** is an exclusive soothing technology contained in all Cicabio range. It is inspired by kyotorphin, an anti-pain molecule naturally present in the skin. This technology helps to reduce itching and discomfort sensations. By preserving healing cycle, it will allow an optimal healing and an aesthetic scar.



### Cicabio Crème

Both repairing and soothing cream



### Cicabio Pommade

Both repairing and soothing nourishing ointment



### Cicabio SPF50+

The repairing sunshield for the whole family, for all skin types

NAOS, SAS with a capital of € 43,474,650, R.C.S. Aix-en-Provence B535 236 418, 355 rue Pierre-Simon Laplace 13290 Aix-en-Provence. FB-AB(0274)April 2022

ECOBIOLOGY AT THE SERVICE OF DERMATOLOGY

Learn more about NAOS, French ecobiology company founder of BIODERMA, on [www.naos.com](http://www.naos.com)



# MY NEXT APPOINTMENTS

NAME OF THE DOCTOR

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SPECIALITY

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DATE OF APPOINTMENT

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NAME OF THE DOCTOR

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SPECIALITY

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DATE OF APPOINTMENT

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NAME OF THE DOCTOR

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