

**J. Jason Wendel, M.D.**

Dr. J. J. Wendel Plastic Surgery  
2103 Crestmoor Road  
Nashville, TN 37215  
[www.drjjwendel.com](http://www.drjjwendel.com)

# Recovery Instructions

**Surgical Glue Removal**

Three weeks following surgery, you will be instructed to begin the process of removing surgical glue. We recommend the following instructions:

- Apply a generous layer of Vaseline on the incisions where surgical glue is present.
- Allow the Vaseline to remain for 30-45 minutes. This dissolves the glue.
- Using a warm, soapy washcloth, gently wash the Vaseline and surgical glue away.
- You may do this in the shower.
- Some gentle rubbing may be necessary, but avoid vigorous scrubbing
- This process may be repeated daily until all of the surgical glue is removed

**Silagen Scar Refinement System**

Once the surgical glue has been removed, you may begin postsurgical scar treatment. We recommend the use of Silagen Scar Refinement System. This is silicone gel for scars. For best results, please use as directed:

- Ensure area is clean and dry, as well as free from creams, lotions, ointments and powders.
- Apply a very small amount of gel to scar and gently massage in a circular motion.
- Allow to dry.
- Once dry, cosmetics or compression garments may be used over the scar.
- Apply twice daily for 8-12 weeks for optimal results.
- If you are prone to forming excessive scars (hypertrophic or keloid), continue treatment for up to six months.
- Do not use Silagen gel under silicone sheets, strips or shapes. They will not stick.

Note: For any incisions that may be exposed to sunlight, we recommend protection using Silagen + SPF 30 UV Protection. This Silagen product combines the benefits of mineral sunscreen, Zinc Oxide, and silicone scar gel in one convenient product.

15 gram and 30 gram size bottles of Silagen and Silagen + SPF 30 are available at our office. If you need more, please call. We will ship it to you.

For questions or concerns, please do not hesitate to call, (615) 921-2100.

We are open Monday-Thursday 9:00AM – 5:00PM & Friday 8:00AM – 1:00PM. For urgent medical questions after hours or on weekends, please call the same number. The digital answering service will page Dr. Wendel.