



DR. MOSSER'S INSTRUCTIONS FOR MINIMIZING STRETCH MARKS

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Stretch marks are very common and develop on bodies of all shapes and sizes. While it is completely normal to have stretch marks appear on your body over time, this regimen is recommended by **Dr. Mosser** for patients interested in reducing the impact of stretch marks on their final surgery results. These instructions are useful for all types of chest surgery, whether it be mastectomy / breast reduction or augmentation chest surgery, since all of those procedure types can temporarily stretch skin and lead to stretch marks.



Bio-Oil Multiuse
Skincare Oil 4.2oz



Botanical Organic
Shea Butter 16oz

PRE-SURGERY INSTRUCTIONS

Patients are advised to apply these two products to their body where they see stretch marks for two weeks prior to surgery. **One product should be applied to the skin in the morning and the other in the evening, very regularly without missing an application.**

POST-SURGERY INSTRUCTIONS

Patients should wait until their bandages are removed after surgery to resume this regimen. Patients should continue to use these products as instructed above (i.e. one in the morning and the other in the evening) for 3 weeks to three months after surgery, depending on your history of stretch marks and how tight you perceive the skin to be. However, please note that you should not put any products on incisions that are still crusty / healing, which is usually for the first 3 weeks. Product can be applied up to 1 inch from incisions and scabs.

Reminder: One important thing to keep in mind is that these products will dramatically reduce the ability of tape to adhere to the skin. Therefore, you should not apply products in the regions where tape needs to attach to your skin to secure any postoperative bandages.

Purchase: You can either follow these links to purchase the **Bio-Oil** and the **Shea Butter** on Amazon Prime, or you can type in the names of the products above into your search engine to find them elsewhere.

Questions: If you have further questions about this regimen to reduce your stretch marks, please contact Dr. Mosser's office at (415)780-1515.

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