

SCAR CARE INSTRUCTIONS

Scars, whether caused by surgery or trauma, take a year to fully heal. The appearance of most scars will continue to improve for 6 to 12 months. Initially, a scar tends to be pink or red in color and also tends to have surface irregularities. The redness peaks around 6-8 weeks. In most surgical scars, deep sutures are in place that dissolve over the course of 4-6 months. These also contribute to any firmness or lumpiness that may be palpable. Both the color and the lumpiness of a new incision make it more visible and, as these issues resolve, the scars fade and become softer. Although the appearance of scars improves over time, there are things that you can do to get scars looking better faster. We suggest starting these treatments about a week or two after the sutures are removed.

MASSAGE

Massage has been shown to speed up the remodeling of collagen and, in doing so, smoothes the lumps and bumps of a new incision. Massage is simple to do. Firm pressure should be applied to the scar with a finger. This pressure should be applied as firm as you can tolerate without causing discomfort. Pressure should be applied while moving the finger in a circular motion. After 30 seconds of applying pressure, move the finger down the length of the scar and repeat until massage has been applied the entire length of the scar. This massage routine should be performed three times daily. Most patients will continue to see improvement with massage for at least three months.

SILICONE GEL

The application of 100% medical grade silicone has also been shown to speed scar maturation. We recommend applying scar gel twice a day. Most people continue seeing improvement with silicone for up to 3-6 months. Scar gel (Silagen) can be purchased at our office, by calling the phone number on the sample package, or through the website.

