

## **SCAR CARE INSTRUCTIONS**

Scars, whether caused by surgery or trauma, take a long time 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. Both the color and the lumpiness of a new incision make it more visible and, as these issues resolve, the scars fades. 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 are 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 silicone has also been shown to speed scar maturation. We recommend applying scar gel at bedtime. Most people continue seeing improvement with silicone for up to three months. Scar gel can be purchased at our office, by calling the phone number on the sample package, or through the website.