



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 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 fade. 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. After your sutures are removed you can continue daily cleansing and application of antibiotic ointment or Vaseline for about a week.

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.

TOPICAL STEROID

A new scar tends to be pink or red in color. A course of topical steroid application can encourage this pink hue to fade. We recommend hydrocortisone and prefer the prescription strength (2.5%). Hydrocortisone should be applied once daily and most patients apply it at bedtime. Only a small amount of hydrocortisone is needed with each application. Topical steroids should not be used for long periods of time and we recommend applying it for three weeks.

SILICONE GEL

The application of silicone has also been shown to speed scar maturation. We recommend applying Pure Scar Care, a sticky silicone adhesive. Usually, we recommend using silicone AFTER three weeks of topical steroid application. Like the steroid cream, we suggest applying a small amount of silicone gel at bedtime. Most people continue seeing improvement with silicone for up to three months. Pure Scar Care can be purchased at our office.