



MEDICAL + AESTHETIC DERMATOLOGY

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Scar Care Instructions

Let's team up to prevent scars!

- Our goal is to obtain a scar that is unnoticeable, not invisible. No one, not even an experienced plastic surgeon, can guarantee that you will not have a visible scar.
- Certain body parts scar worse (the trunk, chest, and shoulders in particular).

What to expect as you heal

- Wound healing happens in 2 steps:
 1. repair by surgeon and aftercare by patient.
 2. the scar will mature over 2 years.
- Exact healing time varies for different parts of the body.
- Scars may stay red and thick for 3 to 6 months after surgery.
- After six months, the scarring usually starts to improve for up to 2 years.

Products we recommend

- Silicone containing products have been shown to be effective for scar treatment.
- Massage/pressure twice a day for 5 minutes on top of the incision is effective.
- Silicone-based products are favored over Mederma and Vitamin E.

For face and non-flat body parts

- Use Kelo-Cote
- Apply a thin coat to incision twice per day and let it dry
- Apply SPF 30 on top if going outside
- Treat for 4 months, or more if needed

For flat body areas

- Use Mepiform adhesive scar sheets
- Cut Mepiform to ensure 1/2 inch on each side of the incision is covered
- Change to new tape every 7 days for 4 months (Ok to shower over it)

Additional helpful treatments

If scar is red or thick beyond 4 months, you might consider additional treatments:

- Steroid injections
- Laser treatments
- Microdermabrasion
- Scar revision