

SCAR CARE

What is a scar? - You just had surgery where the skin was cut and sutured back together. Your body is now working to heal the incisions by depositing new collagen, resulting in bridges of fibrous tissue that close the gap of your incision.

Appearance - Incisions begin as small thin lines, a result of closure after surgery. As the scars heal, they become thick and red. Scars will look their worst between months 1 through 4 and gradually improve in appearance over time. Scars can take a full 6 to 12 months to fully mature.

Scar Care: choose one

-Silicone Strips: you can order silicone strips off Amazon or pick them up at your local drug store. No brand is better over another. Cut the silicone strips slightly larger than the length and width of the scar and cover. Leave strips in place, removing to shower. You can reuse the silicone strips day to day until they no longer stick to your skin. Use the strips for 2 to 3 months after surgery.

-Oils/Lotions: we recommend using a 50/50 combination of tea tree oil and vitamin e oil or vitamin e lotion, massaged into the incisions 3 times daily for 2 to 3 months. No brand is better over another. If you experience redness or irritation from this combination, you can use any moisturizing lotion you have at home or switch to silicone strips.

Sun Exposure: scars should not be exposed to sunlight/UV radiation for 3 months after surgery. In this time, pigment from UV radiation is permanent and prevents the scar from fading over time. If sun exposure is unavoidable, use a thick layer of high spf sunscreen that contains zinc oxide over the incisions. UV radiation can penetrate clothing and bathing suits, we recommend using sunscreen under bathing suits and other clothing items.