

### SCAR AFTERCARE:

The area may remain numb for several weeks or even months, or longer. You may also experience periodic sharp pains near the wound as it heals. This generally fades with time and can be improved by massaging the scar with silicone scar gel or taking vitamin C supplements.

The suture line will be dark pink at first and the edges of the wound will be reddened. This will lighten up day by day and will be less tender. It will continue to fade for 6-12 months at least. Younger patients, under 40, tend to have red, or raised scars for longer, and this may be normal expected healing for younger persons.

A Scar is never as strong as intact skin. It takes 120 days to reach maximum strength.

SCAR STRENGTH 1 week = 7-10%; 1 month = 40%; 3-6 months = 60-80% (max).

Do Not stretch wounds- some may spontaneously burst / Stretch.

Scars/Keloid : some people are 'super' healers and the scar overgrows and raises up more. This is difficult to predict, but having a previous keloid scar or a wound on a chest or shoulder may put you at higher risk of a keloid scar. Please tell Dr Sandy if you have any concerns with the appearance or texture of your scar.

**TO MINIMISE SCARS:** silicone gel, massage, taping.

The enemies to good scarring are stretch, surface friction and UV exposure.

After suture removal, massage silicone scar gel to the scar, let it dry completely, and apply tape across the scar.

The longer you **massage** silicone scar gel and **tape** the scar, the better the scar with look and feel.

**AIM TO TAPE THE SCAR FOR 12 WEEKS -> LONGER IF ON THE CHEST OR SHOULDER OR AN AREA OF THE BODY UNDER TENSION OR STRETCH**

Avoid excessive exercise or physical activity that might stretch or strain the scar.

Types of silicone scar gel that are recommended:

Stratamed or Strataderm scar gel, Avene silicone scar gel, or Bepanthen silicone scar gel (it has a little roller to help massage into the scar). Even Vaseline is an excellent scar ointment!

Types of **tape** that are recommended:

Fixomul or Hypafix tape, micropore paper tape, or silicone scar tape (such as Elastoplast silicone scar tape, or cicacare silicone scar tape, or cheaper versions can be found online).

Dr Sandy Recommends a scar review approximately 6 weeks post-operatively, or sooner if you are having any issues.



