



### Scar Care Instructions

» Scarring is an inevitable outcome of any soft tissue injury no matter how minor. It is affected by several factors including but not limited to the severity of the injury, the area of the injury on the body, and your body's genetic healing process which includes level of pigmentation, firmness of the tissue, and level of elevation, such as in hypertrophic scarring. Despite these factors, there are steps you can take to attempt to minimize the level of scarring.

3 main things that may reduce the appearance of scars:

1. **SUNSCREEN** is very important for helping to reduce hyperpigmentation and darkening of the scarred tissue. The type of sunscreen you choose is also important. Find one that is at least SPF 40 and contains the active ingredient Zinc Oxide.
  - Zinc Oxide is a type of physical block. Instead of being absorbed into the skin, it sits on the skin's surface and protects against both UVA and UVB rays. Because it is not absorbed, it is non-irritating, non-comedogenic, and non-allergenic, so it is good for those with sensitive skin. It also has the added benefit of having antimicrobial and wound healing properties.
2. **MASSAGING** the scarred area will work to soften the fibrous tissue. This will aid in reducing any hypertrophy that results from the scar and flatten it to make it more level with the surrounding skin. The softening will also aid in achieving a softer, smoother surface.
3. **SCAR MINIMIZING PRODUCTS** with silicone gel can help with both of the above issues and may even help to prevent keloid and hypertrophic scarring. These must be applied and worn for a minimum of 18 hours daily, but the more they are worn the more they help. Not all silicone products are equally efficacious. Below are those we recommend:
  - **Biocorneum** is a 100% silicone gel product that comes in a liquid form and dries transparent. Although it comes in a liquid, it is proven to be equivalent to silicone sheets and can be more convenient and easier to use for some patients, especially if treating scars in a highly visible area such as the face. Additionally, it provides UVA/UVB protection with SPF 30.
    - » Biocorneum should be applied to the area twice a day and kept on all 24 hours. General recommendations are to use the product for 60-90 days on new scars and for at least 90 days on old scars.
  - **Cica-Care** is an alternative product that comes in silicone gel sheets. These must be cut to the size of the scarred area and worn 4 hours of the first day, working up to 24 hours a day for the remainder of the treatment time. Each sheet may last between 14 and 28 days, but should be washed with a mild cleanser twice daily.

Our office sells a **Scar Management Kit** within our skin care line. The kit includes the following: Skin Tone Enhancement Therapy Lotion, Glycolic 10% Facial Cream, Retinol Plus Smoothing Serum x2, Silicone Therapy Treatment, and Sheer Physical Sunscreen. **Please inquire at the front desk or ask your provider.**

Please call our office if your symptoms appear to worsen, you develop pain, redness, discharge, or fever.