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Post-Surgery Scar Management

What can be done to optimize the appearance of my scars?
There are numerous things that can be done to minimize the appearance of your scar over time. First and foremost, you should protect your scars from the sun while they are healing. Sun exposure on new scars can cause permanent hyperpigmentation, or darkening, of the scar. You can use sun block, tape, and/or clothing to protect your healing scars.

Silicone is the only topical product shown in scientific studies to improve scar appearance. Scar massage can also help to soften the scar. Another option to consider is microneedling of your scar. Microneedling utilizes a handheld, pen-shaped device with tiny needles that makes multiple small punctures in the skin to stimulate collagen and scar remodeling. Microneedling is a service that is offered at our spa. While rare, if you have abnormal scarring, sometimes steroid injections, laser treatments, IPL, or filler treatments can give some improvement.

The most important thing to realize is that scars take 1-2 years to remodel and get to their final appearance. If you have pigmentation concerns with your scar after this point in time, you can even consider medical tattooing to camouflage the scar, which is also offered at our spa.

When can I begin treatment on my scars?
You can begin using silicone therapy once your dressings have been removed and your wound is fully healed with no more bleeding or major scabbing. Generally, it takes about 2-3 weeks for a wound to fully heal, but this can vary by patient. If you have any concerns regarding starting treatment, feel free to contact our office for recommendations.

Scar massage can be started 2 weeks post-operatively on the face and 4 weeks post-operatively on the remainder of the body.

Microneedling can be started as soon as 6 weeks post-operatively. Usually a series of 3-6 treatments every 2 weeks is recommended. You can call our spa at 248-524-3622 to schedule an appointment. This can be done in combination with silicone treatment.

Steroid injections, laser treatments, IPL, or filler treatments will be recommended by your doctor if he/she thinks you will benefit from them. These are typically done months after surgery.

What type of silicone should I use?
Silicone therapy come in gels, creams, tape, and cut-out forms (that cover common incision types, for example on the breasts). All are proven to be effective.

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The gels and creams should be applied twice a day and can be massaged into the scar.

The tape and cut-out forms should be worn at all times except when showering. The tape and forms are re-usable and can be cleaned according to the manufacturer instructions prior to re-applying them (usually with mild soap and water).

How long should silicone therapy be used?
Silicone therapy should be used on your scars for 2-3 months. This is generally the timeframe that patients see the best results in their scar treatment journey.

How does silicone therapy help scars?
The mechanism for how silicone improves the appearance of scars involves multiple different mechanisms. It is thought to change the electromagnetic charge throughout the wound, which regulates collagen. It also helps to hold moisture in, hydrating the wound. Using products with silicone helps to flatten and reduce the discoloration of the scar tissue, allowing it to better blend in with the surrounding skin.

Where can I find silicone based scar products?
Our office carries Silagen, a medical grade silicone gel, which is a great option post-surgery. This also comes with or without SPF. For the cut-out forms, you can call the number below. However, there are many other scar therapy options out there, which can be found over-the-counter at pharmacies and online.

Silagen Gel

Available for purchase in our office!

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New Beginnings Gel Sheeting

To order call @1-800-MANKIND® (626-5463)

See the attached sheet for more information.

Other Over-the-Counter Scar Products:

Scar Away

Scar Fade Gel

If you purchase Mederma, please be sure that it has silicone in it. The main formulations of Mederma do NOT contain silicone.

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