

Scar Care After Pediatric Plastic Surgery

Why is scar care important?

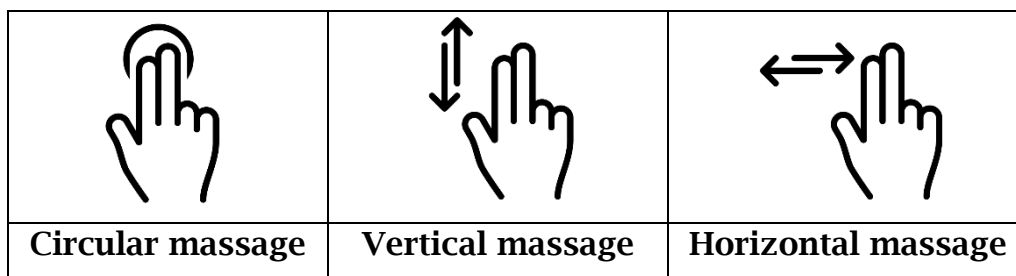
Scar care, including massaging and protecting your scar, can help improve the look and feel of your scar. If a scar gets puffy or red, it is more noticeable than if it is flat and blends in with the color of the skin around it.

When do I start massaging my scar?

You should start to massage your scar 4 weeks after surgery or laceration (cut or tear) repair.

How should I massage my scar?

Use your fingertips to massage your scar. You can massage in a circle, vertical, or horizontal direction (see the image for examples).



- To massage in circles, you should use 2 fingers and make small circles over the length of the scar and the surrounding skin.
- Vertical massage uses 2 fingers to massage the scar in an up and down motion.
- Horizontal massage uses 2 fingers to massage the scar from side to side.

When massaging your scar, you should apply as much pressure as you can without pain or discomfort. It might be sensitive at first, so start with light pressure and slowly work toward deeper and firmer pressure. You can also use a moisturizer or lotion to help reduce friction (uncomfortable rubbing on your skin).

How often should I massage my scar, and how long should I continue to massage it?

- You should massage your scar for about 10 minutes 2-3 times per day, or as much as you can tolerate.
- You should massage your scar for at least 6 months after your surgery or laceration repair. If you continue massaging it after 6 months, you may have more improvement in the way the scar feels (thickness) and looks (raised or flat).

How can I protect my scar?

At 4 weeks after your surgery or laceration repair, you should wear sunscreen (at least 30 SPF) for the next year on your scar. If your scar is exposed to the sun, it can turn darker than the skin around it. You should also try to wear protective clothing over your scar.

What else can I do for my scar?

- There are other products you can buy and use to help improve the look of your scar. There are silicone strips, sheets, and gels that you can wear on the scar. The strips are sticky, and they should be kept on your skin over your scar for about 12 hours. You can re-wear these strips many times (until the stickiness goes away).
- If it is 1 year after your surgery or laceration repair and there are still things about your scar that you do not like, please call our clinic at (734)

998-6022. We can help you schedule an appointment to talk about other options.

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