

Sunscreen

Recommendations for Scars

We recommend that all patients use a sunscreen when outside, but sunscreen should especially be used on new scars (that are exposed to sunlight) for a year after their procedure. The SPF should be at least 35. Follow the application directions on the bottle.

Why is it important to use sunscreen on scars?

- A scar is new and more fragile than the surrounding skin.
- If you do not use sunscreen, the scar line will react differently to the sun than the surrounding skin.
- If you don't use sunscreen, the scar tissue will become darker than surrounding skin. This is a hyper-pigmented scar and will remain darker than the other skin.
- After one year, the scar and surrounding skin should react equally to sun.

What is a superficial scar massage?

- Scar massage desensitizes and reduces scar adhesions so skin glides freely.
- Rub in a circular motion on and around the scar with firm, even pressure for 5 minutes four times per day.
- You can start scar massage once incision is completely healed and strong enough to handle the motion (usually 20 - 30 days post operatively).
- You use lotion to do the scar massage to allow ease with motion over the scar and prevent friction at the area.
- If your incision was closed with glue and it is still present 2 weeks after surgery, apply bacitracin or vaseline on any area where the glue is still

present. Apply before shower, massage it over area then rinse in shower. Repeat daily until glue is gone.

- After glue or absorbable sutures are gone Mederma and sunscreen may be applied twice a day for minimum of 3 months. Use Mederma with sunblock in sun exposed areas

Who should I call if I have questions?

- **Clinic Phone (734) 998-6022**

For questions and prescription refills please contact our clinic at during office hours (Monday - Friday, 8 a.m. - 4:30 p.m.)

- **Hospital Paging (734) 936-6267**

After hours and on weekends, call and ask for the Plastic Surgeon on call.

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