

Scar Care Tips

For the best possible scar outcome



Dr Will Alexander
MBBS FRACS
Hand, Plastic and
Reconstructive Surgery
(Adult and Paediatrics)

Provider Number 484229GT

1. Immediately after the operation until your first follow-up check:

- Follow the instructions given on the day of surgery (if in any doubt, leave the dressings on)

2. From the first post-operative visit in the consulting rooms until 6 weeks post operatively:

- Keep the scar covered with a medical tape (*'hyperfix'* or *'micropore'*) as much as possible. This can be wet in the shower and changed as often as needed (usually once every day or two)
- If it's not feasible to cover the scar with tape, then twice-a-day application of Vaseline/soft paraffin is the best option

3. From 6 weeks onwards (until 18 months post-operatively):

- Protect carefully from the sun (*the most important step)
 - o Use sunscreen/long sleeves/tape
- Moisturise and massage twice a day (you can use sunscreen as the moisturiser in the mornings)
- Optional:
 - o Silicone *ointment* if scar not raised
 - o Silicone *tape* if the scar is raised

4. If you are worried that you are developing a problematic scar:

- See Dr Alexander for a discussion regarding whether a scar intervention is worth considering (such as injection of steroids/laser therapy/or a revision operation)
- The natural history of scarring is that they will typically peak in thickness/redness at about 1-3 months after an operation, and then start to settle from there onwards