

# POST-SURGICAL SCAR MANAGEMENT

Scars are considered healed at 12 months

Scars and what they will look like vary by person. This is due to different genetics, skin type, age, location of scar, prior scar appearance, tension on the scars and adherence to post-surgical instructions.

## PREVENTION

Some patients may opt to let their scars heal on their own. For patients that are concerned about the appearance of their scars, Dr. Mosser recommends using a combination of silicone products and SPF.

Below are **three options** that will help prevent your scars from darkening and thickening after surgery. Patients can begin using these preventative methods around 3 weeks after surgery.

### OPTION A

#### Scar Strips/Tape

Silicone-based scar strips or tape can be placed over scars to help them heal and protect them from the sun. With this option, sun protection cream is not necessary as long as the strips are covering the incisions whenever exposed to the sun. It is important to pick a product wide enough to fully cover your scars.

**Cost: \$15 for 300cm long roll of Mepitac**

### OPTION B

#### Silicone Gel + SPF

Silicone-based gel can be applied to the incision area, which will help promote scar healing. Massage a thin layer to clean and dry scar line(s) twice a day, wait for it to dry (approximately 5 minutes), and then apply sun protection cream with an SPF of at least 30. Wait at least 15 minutes before sun exposure.

**Cost: \$12 for 10g bottle of ScarAway**

### OPTION C

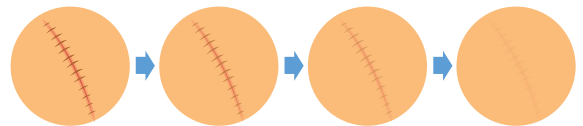
#### Biocorneum

Biocorneum is a product that combines a silicone-based gel with 30 SPF. Massage a thin layer to clean and dry incision areas twice a day and wait for it to dry before putting any clothing on top of it. Wait at least 15 minutes before exposure to the sun.

**Cost: \$150 for 50g bottle of Biocorneum**

## CORRECTION

Patients will need to undergo an in-person analysis to determine which treatments below are necessary. A combination of **2 or 3 treatments** may be required.



### OPTION A

#### Kenalog Steroid Injection

Reduces inflammation that leads to widened, thickened scars. Performed in office starting 3 months post-operation. Repeated as needed every 4-6 weeks.

**Cost: First 3 injections free. \$150per treatment after that**

### OPTION B

#### Micropen

Reduces raised texture and promotes collagen production of new, smoother skin tissue. Performed in office starting 3 months post-operation. Treatments performed every 4-6 weeks for a total of 3-6 treatments.

**Cost: \$150 per treatment**



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