

Information for Optimizing Scar Results

The following information can help to achieve the best results for your incisions

1. **Scar Massage:** This can be started 4 weeks following your surgery or completion of wound healing. Gentle pressure on the incision site can help to break down and soften the scar. Gentle pressure should blanch the skin, but not be uncomfortable.
2. **Moisturizer/Vitamin E Cream:** There is no good evidence that Vitamin E cream improves a final scar result. It maybe, however, that patients who purchase Vitamin E cream are more diligent in massaging their incisions. Any generic moisturizer that is gentle on your skin can be used for this.
3. **Sun Avoidance:** During the first year as your scar matures, it has a tendency to become darker if exposed to the sun. Because of this, it is very important to keep the incision site out of the sun during this time.
4. **Taping Incisions:** For incisions that are on the trunk and extremities, applying paper tape for the first 3 months of scar maturation can be beneficial to the final incision appearance. This can start after 4 weeks, and the tape can be applied every 2-3 days. Changing it more frequently can irritate the skin. If this occurs, then discontinue use for several days. You can shower with this on, and do scar massage on top of the tape.

If you have any questions during your healing and post-operative course, please do not hesitate to contact Dr. Seal, or our office.