



DERMWELLESLEY

Preventing and Treating Scars

Information for patients

Sun Protection:

Sun protection is the most important thing you can do to reduce the appearance of your scar. We recommend sun avoidance, sunscreen with SPF 30 or higher, and/or wearing sun protective hats or clothing.

Massage:

You may begin to massage your scar 2-3 weeks after your procedure when the wound is fully healed. Place firm pressure over the thick scar tissue underneath your skin and move your fingers in a circular motion for 10-15 minutes every day. You may do this until your skin feels back to normal; it may take several months.

Silicone Products:

Silicone is used to prevent or treat thick hypertrophic scars. You can purchase silicone sheets, silicone tape, or silicone gel online or at the pharmacy (located in first-aid section). Remove the silicone when showering and reapply over the scar after washing.

Scar injections:

Your doctor may offer injections of steroid or other medications to reduce the thickness and firmness of your scar. Injections may also reduce symptoms of pain or swelling associated with hypertrophic scars.

Lasers:

Some lasers can be used to reduce the redness of your scar. Ask your doctor if this is an appropriate treatment option for you.

Our Office:

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