



**BUFFALO PLASTIC SURGERY**  
**DR. TAMARA B. DAWLI**

## Instructions for Scar Management

Most scars are the natural, expected biological result of surgery to the skin. In most cases scars will, with time alone, continue to improve in appearance. If you chose, these steps below can help your incision(s) heal in the best possible way.

Please review the following instructions to help in the management of your scar(s).

### Weeks 1-4 Post Injury/Surgery:

Leave the pieces of tape (steri-strips) on your incision. They will peel off on their own. As they start to lift up, you can trim the ends with a scissors.

When they finally are peeled off, you can replace new stere-strips along the suture line. This will promote stability for fast wound healing. This will also minimize tension on the suture line and in this way contribute to the narrowest scar. Do not apply ointments and creams as they may interfere with wound healing at this time.

Avoid sun exposure by keeping the scar covered from the sun.

### Weeks 4-12 Post Injury/Surgery:

Begin using silicone sheeting on the scar. This will promote flattening and smoothness of the scar, as well as prevent dryness. Sunscreens (SPF of 30 or higher) will prevent hyper pigmentation (i.e., a dark discoloration of the scar), and should be used until the scar is no longer red or pink. Silicone sheeting is available in drug stores and on Amazon.

Once a day, you can remove the silicone sheeting and begin massaging your scar with Vitamin E oil. Once this is complete, you can replace the silicone sheet. During the day, if you cannot wear the silicone sheet, then cover the area with a silicone gel.

Avoid sun exposure by keeping the scar covered from the sun.

Apply sunblock.

Example Products: NewGel, ScarAway sheets and gel (Silicone sheet and



silicone gel)

### 3 months - 1 year:

Continue with massaging and protecting the scar from the sun. At 1 year, you should see improvement in the scar. If you still have questions or concerns, the please email us at [info@buffaloplasticsurgery.com](mailto:info@buffaloplasticsurgery.com).