



### **Scar Management Protocol**

- Three weeks after surgery, after the sutures have been removed you should gently rub the incision for 5 to 10 minutes twice daily along the same direction as the incision. You must apply gentle but firm pressure while performing the massage.
- After about 4 weeks from the surgery, you can begin to massage the scar using different motions.
- Oils, such as vitamin E oil, gels such as aloe vera, and lotions, such as Eucerine®, Aquaphor®, or Mederma®, are moisturizing and can be used to help soften the scar and make scar massage easier.
- Silicone scar sheets (which can be purchased on Amazon or at many pharmacies) can be applied starting at 3-4 weeks after surgery that help with the long term cosmesis of the scar.
- Always use sunblock SPF 30 or greater with UVA/UVB coverage on your scar when exposed to the sun for at least the first 6 months