



Mobile

Plastic & Reconstructive Surgery
and Dermatology

Christopher A. Park, MD
The Park Clinic for Cosmetic and
Reconstructive Plastic Surgery

3153 Dauphin Street
Mobile, AL 36606
Phone: (251) 445-8888
Fax: (251) 479-7164
info@mprsd.com
www.mprsd.com

Scar Care

Scars may take many months to fully heal. Optimized healing will leave the best scar. Part of the healing process requires proper cleansing and care. In addition, there are treatments that can help resulting scars to be flatter, finer and less noticeable. There is no guarantee to what a scar will look like once it has fully healed, however the following instructions are important for good outcomes.

Early

Avoid Tension - Steristrips or another dressing may be placed to reduce tension, if so leave this as long as it will stay, typically 1-2 weeks. Avoid any vigorous physical activity over the following two-three weeks, or longer if advised by Dr. Park. Direct trauma and physical stress may result in a separation of the suture edges or a wider scar. Ideally, the scar will be kept covered as long as it is red, which may be months.

Sun - Sunblock rather than sunscreen (water resistant, SPF>30, UVA/UVB protection, Zinc oxide or titanium dioxide > 5.5%). This is imperative at least 30 minutes before any prolonged sun exposure is expected. Protective clothing and a wide-brimmed hat are highly recommended. New scars are very sensitive to sunlight and, if, unprotected, may result in permanent changes in scar color to either a darker, lighter or discolored shade. Sunblocks can be purchased at retail locations but requires detailed label reading. Dr. Park offers a selection of high quality sun blocks at office that he believes in after trying many.

Scar cream - Once your incision lines have sealed, Dr. Park recommends a scar cream to the surgical site. Dr. Park offers products in the office that he believes strongly in. There are many cheaper, over the counter products out there such as Mederma, Scar Guard, Scar Fade, and others. None are perfect but they do help. Some have sunscreen built in, but see above on labels. This aids in softening the scar and may alleviate any itching in the surgically treated area. Choose something fragrance-free and free of glycolic, retinoid or other possibly irritating ingredients. Vitamin E oil is a cheaper and acceptable alternative. Massaging the scar with fingers with your chosen scar cream several times a day can expedite the resolution of swelling and edema.

Silicone sheeting is a bit more cumbersome to use but helps very well with scars. These can be used after the steristrips, sutures, ointment phase is over. It can be obtained from medical supply stores, online, or some pharmacies and applied to help the scar heal. The pressure, reduced oxygen tension, and electronegative field help decrease inflammation involved in scarring. They are sticky and can be used as long as you can keep in place, washing with soap and water can help the adhesive.

No Nicotine - This can reduce the oxygen in your blood and greatly impact your ability to heal. While it is advised for your overall health that you quit entirely, it is imperative that you do not use until your incisions have fully healed.

Water - Typically showering is allowed a few days after your procedure unless skin was grafted. Do not swim in any lake, ocean, swimming pool or other water until 5 days after your incision lines have fully sealed and any sutures are removed.

Late

Dr. Park does offer laser treatments that can improve the scar during the healing process and he may recommend a PDL or CO2 laser treatment. These can help any scar and can be used but there are times that Dr. Park will strongly recommend. These treatments would not be covered by insurance as any scar revision is considered cosmetic but can help make the best scar possible for a fee.

PDL - Helps reduce the redness and thickness of scars by targeting blood vessels. Helps all scars when done at about a month. Minimum cost \$150

CO2 lasers and dermabrasion help to tighten scars and blur the transition to normal skin