

Scar Healing and Treatment

Frequently Asked Questions

Q. Will I have a scar after surgery?

A. Any injury or surgery on your skin may result in a scar. Although most scars improve over time, some scars may become more noticeable and cause discomfort. How your skin heals depends on many factors, including the location of the scar, your age and how the injury occurred.

Q. When will my scar look better?

A. In most cases, scars improve within 6 to 12 months. Most plastic surgeons will wait at least one year before considering a scar revision. Scar revision may be performed with surgery, laser or another energy-based device to improve the appearance of the scar.

Q. What can I do to make my scar look better?

A. There are many products on the market that claim to improve scars. However, there is relatively little proof to these claims. The recommendations listed below are based on scientific research and have been shown to improve the appearance of most scars:

Scar treatment instructions

Sun protection: It is important to try to protect your scar from sunlight. Wear UV protective clothing to cover your scar. If the scar is on your head or face, use a wide-brim hat and sunglasses. Apply sunscreen with a sun protection factor (SPF) of 30 or greater every day for the next 12 months.

Silicone scar gel or silicone scar sheet: Depending on the location of your scar, you can use a silicone scar gel or sheet. Use these products for at least 12 months. These products are available over the counter in most drug stores and large retailers.

Before you use these products, make sure your incisions have fully healed. There should not be any open wounds. Your plastic surgeon will tell you when to start; it is usually at least 3 to 4 weeks after surgery.