



**BARRINGTON**  
Orthopedic Specialists  
"Specializing in You"



**MARK A. YAFFE, M.D.**

ORTHOPEDIC HAND & UPPER EXTREMITY SURGEON

## Scar Care

### When to start scar care/massaging your scar(s):

- If you had sutures/staples removed and steri-strips applied:
  - Please wait until the day after your steri-strips fall off to start massaging your scar.
  - If the steri strips have not fallen off within 7 days of application, please remove the steri strips yourself.
- If you had sutures/staples removed but NO steri strips applied; wait until the day after suture/staple removal to begin scar care.

### How to massage your scar:

- 3-4 times throughout the day
  - Use any finger/digit from your opposite hand to massage your scar(s) for 20-30 seconds per scar.
  - Massage gently in line with the scar, at angles to the scar, in circles along and over the scar, and even perpendicular to the scar.
  - Continue the scar care regimen until scar sensitivity has resolved and the tissue under the scar feels smooth and soft.

### What to use to massage your scar:

- A non-irritating lotion or cream containing Vit E, Vit A or Aloe is great.
- Examples:
  - Palmer's Cocoa Butter Formula with Vit A
  - Mederma Scar Cream Plus
  - CeraVe Moisturizing Cream
  - Aquaphor Healing Ointment
  - Cetaphil Moisturizing Cream

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**IMMEDIATE**  
ORTHOPEDIC CARE  
Barrington Orthopedic Specialists

**Walk-In Orthopedic Clinic**

Monday – Friday : 8:00 am – 9:00 pm  
*No service between 12-1 pm and 5-6 pm*  
Saturday : 1:00 pm – 4:00 pm

**847.285.4250**