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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. (Tomorrow the earliest)
 - 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 (tomorrow) to begin scar care.

Tomorrow or later, you should begin massaging your scar:

- Hourly throughout the day - while you are awake.
 - 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 for 2 full years.
 - It takes that long for your scar(s) to fully mature: become mobile and maximally tolerant of sun exposure.

What to use to massage your scar (assuming no allergies to the ingredients):

- Sunscreen
 - Ingredients should include:
 - An SPF of 8 or higher, and tear free
 - Vitamin E and/or Aloe (if not allergic)
- Look at the ingredients as the manufacturers don't always list all of the ingredients on the front of the container.
- Examples:
 - Palmer's Cocoa Butter – Advanced Scar Serum (SPF, VitE, Aloe)
 - Mederma Scar Cream Plus
 - Aba Botanica Sensitive Mineral 30 SPF
 - CeraVe Baby Hydrating Sunscreen 45 SPF
 - Baby Bum Mineral 50 SPF

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