**SCAR TREATMENT**

**Scot R. McKenna, MD, FACS**

Dr. McKenna would like you to begin scar treatment for thickened, raised, and or firm scars. The following are 3 recommendations.

1. **Scar Massage**

* Apply moisturizer to the area to be massaged. (It doesn’t matter what type of moisturizer you use, this is just to decrease the friction created by the rubbing of the scar).
* Use your finger or fingers to massage the entire scar. Pay special attention to any firm or raised areas of the scar.
* You must press fairly firmly. If possible, press the area being massaged against the bone structure beneath.
* This may be slightly uncomfortable at first, which can be expected. Obviously, if this is truly painful, stop or massage more gently.
* If you develop any type of reaction, blisters, bleeding or anything else abnormal, immediately stop doing the scar massage and please call our office.
* Perform scar massage 2 times per day 5 minutes each time.
* More is not necessarily better. Do not do the scar massage more than instructed.
* If you are a parent attempting to do this on a small child, it may be easier if you do the scar massage when the child is asleep.

1. **Silicone Treatments**

Dr. McKenna suggests the usage of over the counter scar treatments that contain silicone. Examples of these are **Scarguard** or **Gel Sheets** called **Cicacare**. Please follow directions on the packages and the inserts in the packs.

1. **Sunblock**

Dr. McKenna recommends the usage of Sunblock with an SPF of 15 or higher from the time any Steri-Strips are off of the incision line. Continue to use this for 1 whole year. Apply this in the A.M. every day you will be exposed to the sun, even if it is only casual exposure like just going from the house to your car. The sun’s rays will permanently darken any non-protected incision line or new scar. Unfortunately, once this happens it is considered permanent and non-reversible.

Changes will be subtle, it may take weeks or even months for this to be fully effective, so please be patient and continue doing the scar massage. If you have any questions, please do not hesitate to call our office at (570) 340-6920.