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TOTONCHI
PLASTIC SURGERY

Scar Care Management

A scar occurs whenever there is a cut or injury to the skin. Plastic surgeons use specific skin closure techniques to minimize scarring as much as possible. Plastic surgeons also strategically place incisions in areas that make them less noticeable or inconspicuous such as natural folds and creases in the skin whenever possible, but at times scars are inevitable so we need to do all we can to maximize skin healing and minimize scar formation, eating nutritiously, staying hydrated, smoking cessation, and following specific post-operative instructions are imperative.

Keeping new surgical incisions clean and moisturized with an occlusive ointment 3-4 times a day during the initial post-operative period is essential for good wound healing and scar management.
Occlusive ointments are products such as Bacitracin, Aquaphor or even Vaseline.

Gentle scar massage to all surgical incisions should be started in the early post-operative period, generally around 2-3 weeks post procedure. Scar massage is used to improve the look and feel of a scar.
Scar massage helps to stimulate collagen formation and decrease inflammation, firmness, and redness of the scar. Massage remodels and assists to shape the scar to a desired feel and appearance. Circular motions along the entire scar, in combination with cross friction motion, which is a perpendicular massage across the scar, is an effective massage technique. Scar massage should be done 3-4 times a day for many months following surgery for optimal results.

Silicone sheeting strips are a non-invasive, painless, way to help reduce the formation and appearance of scar tissue. Silicone sheeting strips work by increasing hydration of the stratum corneum, which is the outer layer of skin. They facilitate the production of fibroblasts which reconstructs collagen and assists in the formation of softer, smoother scars.
Silicone sheeting strips should be worn for 12-24 hours per day, removing them for showering and massage and then reapplying.

Laser therapy can also be used for the treatment of scars. Laser resurfacing techniques administer high energy pulses of light which is attracted to the water in your skin.
The heat energy vaporizes thin layers and creates deep channels in the skin to facilitate remodeling of the scar, resulting in a smoother, flatter appearance. Laser treatments assist in promoting collagen formation to further remodel and smooth the appearance of the scar.
Laser therapy has varied degrees of intensity depending on the specific characteristic of the scar. Some laser treatments can be done in the office, others are done in the operating room, depending on the intensity of the laser setting to be used to treat the scar.
Light laser(BBL) is used to improve the appearance of a scar by minimizing redness and gradually blending the pigmentation of the scar and surrounding tissue. Light laser therapy is non-invasive and has little to no downtown.

If you have any questions about your scar care, please call the office of Dr Ali Totonchi.