

## Scar Management Post Op

All scars take time to mature, and will undergo changes over the first 6 months after an operation. Your scar will undoubtedly thicken and become firm after 6 weeks, and this is a normal process, so don't be surprised. Commencing 4 weeks after your surgery, or when all wounds have healed you can begin treatment of the scar in 2 ways.

### 1. Massage

Massaging your scar will help soften the scar and speed maturation. Any moisturiser is good as it is the mechanical process of rubbing the scar that is most important. Think of it as massaging a knot in the muscle. There is evidence that Vitamin E oil, available at the chemist is the best agent, but then again it is the massage that counts. Massage the scar firmly for 10 minutes twice a day, for the first 3 months.

### 2. Silicon Therapy for Scars

The process by which silicon therapy breaks down scars is unclear, though there is strong evidence that it is beneficial. Silicone sheeting can be used for therapy of your scar to obtain the optimal cosmetic result. Use as directed and only after all open wounds have completely healed. Silicone therapy should be used for 6-10 weeks.

**Silicone Sheet:** Begin slowly for approx. 2 hours a day and build up duration over a week, until you are wearing it 12 - 14 hours a day. If redness occurs back off on the amount of time used and begin increasing again in a few days. You may need some tape to hold the silicone in place. The sheet is reusable and needs to simply be washed in warm soapy water. If you lose the sheet, it can be purchased from the chemist "Cica-Care."

If you are concerned in regards to your scar, please contact the practice on: 1300 886 009.