

Scar treatment

- Scar treatment begins with taking care of the wound and treating swelling. Follow the instructions you received about them.
- Scar maturation is a process in which the body produces new collagen fibers in the wound, gradually forming into a scar. Normally, the maturation of the scar reaches the final result within 1-1,5 years. The formation and maturation of the scar is individual.
- Within scar maturation, there may occur redness, itching, scar raising, thickening or tenderness. Healthy skin is always more elastic than scar tissue.
- After stitches are removed, when wound is dry and does not secrete, begin to **moisturize** and **firm massage** to soften the scar. Massage increases mobility between different tissues, which softens, smooths and fades the scar, and reduces hypersensitivity and the risk of scar overgrowth. Begin massage around the scar and proceed towards the scar. When it has been 1-2 weeks since the stitches removal, massage vigorously also on top the scar in different directions without cream. If the scar area is still dry, you can moisturize it at the end of the massage. Perform scar treatment **twice a day, at least for few minutes**. Continue to massage the scar until the scar is soft, elastic and lightened, **for at least for 3 months**.
- Protect the scar from the sun's UV radiation to prevent sunburn until the scar has lightened.

If the scar is tight and / or grows strongly despite the massage and moisturizing, it may be a case of scar hyperplasia. Tight scar may restrain mobility and cause functional impairment. If necessary, you can have more information about the use of different scar care products and methods from pharmacy or occupational therapist.

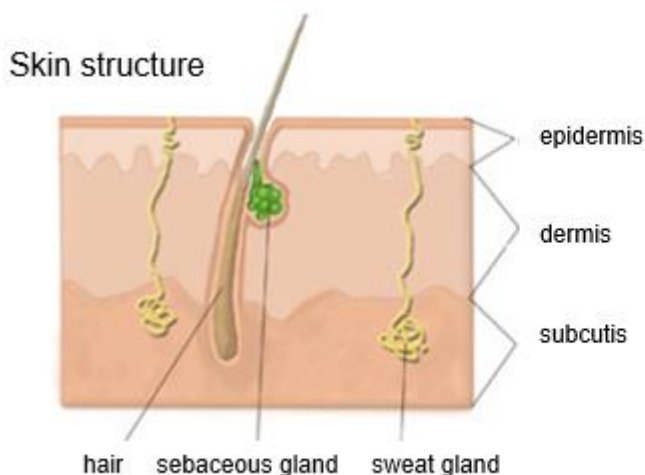


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When necessary, contact your occupational therapist.