

## Scar Care

1. Purchase transpore tape (stretchy) at your drugstore.
2. Tear 1/8 inch strips and apply several strips across the incision for support.
  - 6 weeks for trunk & extremities
  - 10 days for face
3. Apply the tape on one side of the incision, then press to skin and stretch. Tape over the incision so there is a little tension which will help hold the wound together. This will help prevent your scar from widening.
4. Your scar will initially be pink and may rise up during the first few months. Over time it generally will flatten and turn white. These stages occur rapidly on facial scars (1-6 months) and slowly for the trunk and leg scars (6-12 months).
5. If your scar raises and is itchy or bothersome, we encourage you to let us re-evaluate it. There are several over-the-counter scar products such as, *Mederma Scar Gel, Scar Away, Bio Oil, Silicone Gel or Silicone Sheets* that can be used to help flatten thicker scars. *Silagen* is a silicone gel and/or sheet sold at Blue Ridge Dermatology. It can be purchased at checkout (Please use as directed on the package insert).

**Wounds can take months to completely heal. Premature return to heavy lifting and exercise can and often does stretch the wound resulting in wider or thicker/hypertrophic scars. Limiting activity will improve the wound's appearance. Please consult your physician for more information about your individual situation.**