

Self-care for your scar



Early healing

Look out for signs of an infection

Tell your medical team if you have symptoms such as a rash, increasing redness or increasing heat at your scar, or general infection symptoms, such as a fever or nausea.

Moisturising your scar is very important



Your scar needs help, as the skin's natural barrier function is damaged. Start using a moisturiser once all scabs are gone. Apply a cream, oil or gel to your scar 2-3 times a day. This supports the skin, and can reduce excessive scar tissue deposition.

Ongoing care



Start some gentle and regular scar massage

As soon as the skin is ready, gentle massage movements to soften and stretch the scar and underlying tissue should help. Spend around 3-5 minutes, ideally twice daily. Don't cause pain or increase inflammation by massaging too hard on your new scar, because this could actually increase scar tissue production.



Use sun protection

Until the scar is fully mature, use a high SPF on any exposed scar.



It can take up to two years for your skin to finish healing, so keep up with SPF protection.

Keloid and hypertrophic scars

If your scar is increasing in height and/or width, respond quickly. Start using silicone sheets, silicone gel and/or compression products. These are proven to help with keloid and hypertrophic scars, but you need to keep up use of the products for a prolonged period.

