

CYNTHIA M. GOODMAN, MD, INC.

Aesthetic & Reconstructive Plastic Surgery

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SCAR CARE

A wound takes 6-8 weeks to heal and will continue to remodel over the next year (1 ½ years in children)

If a steri-strip (brown tape) was placed, please leave this on for at least one week. If it is still on in one week, keep it on until it falls off. You can get this tape wet and pat it dry.

Once the wound is healed and the steri-strip has come off, you should massage it with *aloe vera*, *vitamin E*, or *mederma* 3-4 times a day.

You can also use silicone which will help keep the scar flat.

Keep the scar out of the sun at all times because the scar will be more sensitive to the sun and will tend to darken. Wear a hat if the scar is on your face or *sunblock SPF 30* or greater anytime you are out in the sun and reapply multiple times a day.

If the scar begins to raise, call our office and make an appointment. You may need silicone treatment or steroid injections into the scar.