

Scar Care Information



What is a Scar?

A scar is a mark on the skin after a wound or injury has healed. Scars are a natural part of the healing process. The size of scar tissue produced by the body varies depending on the individual & type of surgery or injury. No two people heal from their scars in the same way. Each person's scars are unique, and so is their healing process. It will take up to 12-18 months after your surgery/injury for your scar to fully heal.

How should I care for a scar following surgery/injury?

In the first week after the wound is healed and stitches are removed, wash or shower, pat dry the scar, then use a non-perfumed moisturising cream to moisturise your scar twice a day. Then after 1 week, use the same cream to perform manual scar massage. Also, silicone-based products (such as gel or gel sheets) are helpful.

Avoid picking or scratching your scar: Keep clothes loose around your scar to avoid tension or friction which may irritate it.

Eat a well-balanced diet: this helps the healing process.

Avoid Smoking: Smoking delays the healing process. Scars in people who smoke do not heal as well as those in people who do not smoke.

Protect your scar from sunlight in the first 18 months: Sunlight can easily burn the scar which leads to a permanent dark scar compared to the surrounding skin.

You can protect your scar by: using a very strong sunblock (30 SPF or higher).

Cover your scar with clothing or bandage dressing.

What are the phases of scar formation?

Initially scars can be firm, thick, and red in colour (active phase) but over time, it softens and become pale in colour (matured). This whole process may take 12 to 18 months or more.

When should I seek medical advice?

- If your scar is excessively swollen, red or painful or there is a discharge or odour.
- If your scar becomes red or itchy.
- If you are concerned about your scar and its changed appearance.
- If you notice any new redness surrounding the scar and/or discharge.

