

Introduction

Following any surgery, 2-4 weeks after removal of the sutures (stitches) the scar will start to mature.

Scars do not fully mature for 6-12 months. Some thickening, tightening and pulling of the scar may occur in the first 1-3 months.

This is not unexpected and can be part of the normal scarring process. Time is required for scars to mature and patience is required.

Instructions

- Two to four weeks after removal of your sutures, gently massage the scar lines twice a day. This can dramatically help soften and improve scars.
- After four weeks, the massage can be very firm to help break up the new scar tissue and release any pulling.
- First apply a moisturising cream of any kind, Vaseline or oil to the scar. This will allow the massage to be undertaken using a finger or thumb without damaging or inflaming the skin.
- You may experience some tenderness or pain when you first massage the scar but with continued daily massage, this will reduce and it is a good indicator that the scar is maturing and improving.
- The doctor may prescribe steroid ointments to massage into the scar to help with the softening and maturing process if the scar is very thick or pulling excessively.
- On rare occasions, the doctor may recommend the use of other products to use on the scar after discussion with the patient.

If you have any queries or concerns please contact the surgery and speak with a nurse.

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| Document ID: PC- SD 6.22- Wound Care Early Scar Management | Document Approved by: | Senior Management |
| Reviewed Date:13/3/2013 | Version: 1 | First Issued: 13/3/2013 |
| Network Location: S:\Clinical\Woundcare_Handouts | PAGE: 1 OF 1 | |