

PATIENT INFORMATION SHEET

SCAR MANAGEMENT

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Background

- Any incision made on the skin will cause scarring
- Everyone scars differently
- During neck surgery I always try to place incisions in skin creases that are already present. This helps to 'hide' the scar when it is fully healed

What is 'normal' scarring?

- There is no normal scarring as everyone scars differently
- But a scar will always go through the same phases as they heal up
- For the first 4-6 weeks the scar will get thicker and redder as the healing process occurs
- After this time the scar slowly fades and becomes 'flatter'
- This process can take up to 9 months

What should I do with my incision immediately after surgery?

- Keep the area clean and dry at all times
- It is ok to get the area wet in the shower after 3 days
- Soapy water can run over the region and then you should pat it dry with a towel
- Avoid any vigorous washing
- Report to me any concerns you have particularly if there is discharge from the wound or if it is red and hot around the scar
 - These are signs there may be an infection

What can I do to improve the look of the scar?

- Once the incision has healed you can start massaging the scar
 - Do this with Vitamin E cream for 5-10 minutes 3 times a day
 - Start gently but then progressively get firmer. This will help to reduce the thickening in the scar, reduce the time taken for the scar to achieve its final result and will reduce any hypersensitivity you may experience
- Use Silicone sheets or gels
 - These are available at most pharmacies. They have been shown to improve the final result of the scar if used consistently
- Protect it from the sun
 - Whilst the scar is still pink strictly avoid getting direct sunlight on it. Apply 30+ sunscreen to the area if you're going to be out in the sun for any length of time

What about if I'm still not happy with my scar?

- If you are still unhappy with the scar appearance at the end of the 9-month period then you should contact me. We may need to consider further treatments or procedures at that time.



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