



Scar Solutions

Many of our patients want to minimize scarring after their surgery. Here are our recommendations:

1. Continue using **Aquaphor ointment** or **Mupirocin ointment** for 1 to 2 days or until scab or crust falls off on its own.
2. Try not to pick off scab or crust.
3. Protect from the sun – initially with a band aid, and once completely healed (no scab or crust), with non-irritating sunscreen (we recommend baby sunscreen or sunscreen for sensitive skin that has UVA and UVB protection, at least SPF 30).

Our favorites are:

Aveeno Baby Sunscreen (Aveeno Baby Natural Protection, SPF 30 Lotion, 3-Ounces \$15) or

Neutrogena Baby Sunscreen (Neutrogena Pure and Free Baby Sun block, SPF 50 Lotion, 2.5-Ounces \$10)

4. Apply scar treatments:

We recommend:

Mepitac silicone tape (Mepitac - 3/4" x 118")

1 Box - from amazon.com \$30.00), or

Biocorneum cream (available in our office - \$50).

Use scar treatments for 8 -12 weeks for new scars.

Use for 3-6 months on older scars.

Biocorneum instructions for use:

1. Make sure incision is clean and dry and free from any ointment.
2. Apply Biocorneum twice a day very sparingly to your scar for twelve weeks, or until you stop seeing noticeable results. One “pea size” drop is enough to cover a three inch scar. If you have hypertrophic or keloid scars, you may want to use it for 6 months to a year.
3. Massaging Biocorneum into your scar will help to break up the scar tissue.

Mepitac instructions for use:

1. Make sure the skin is clean and dry and free from any ointment.
2. Cut off the desired length of tape using scissors.
3. Remove the protective release film and apply Mepitac without stretching.
4. If inspection or repositioning is necessary, Mepitac can be lifted and re-applied.

Several studies have shown no benefit from other over the counter scar creams or Vitamin E

5. If cost is an issue, some studies show that the use of paper tape applied to new scars can be helpful.

We recommend:

Micropore paper tape or pharmacy brand – 1”
(Purchase at any pharmacy). To be used for 8-12 weeks.

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