

AYDIN PLASTIC SURGERY, PA

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SCARS

It is important to understand the inevitability of scars with plastic surgery. Every time the skin is cut through its full thickness, it will heal with a scar. As some people scar better than others, we cannot accurately predict the outcome of the scar. Also, tension after a procedure can further effect the movement or positioning of scar. Though these cannot be predicted, there are things that you can do to improve the look of your scars.

After Surgery

The following steps taken after surgery can greatly improve the look of your scar.

1. Take care of your wound to prevent infection. Keep your incisions clean and compressed with your garment. It is also important that you refrain from movement which puts you at risk of opening your incisions. ***If you suspect infection, call Dr. Aydin IMMEDIATELY.**
2. Do not put stress or tension on your scar. Moving and stretching the area can increase the chance of scar movement and hypertrophic and keloid scars (scars that are red and raised).
3. Do not smoke. Smoking can slow down the recovery process and enhance the visibility of scars.
4. When given the o.k. from Dr. Aydin, begin using silicone scar sheets.
5. When given the o.k from Dr. Aydin, you may begin massaging your scars to increase healing.
6. Keep out of the sun. It is important that you apply sunscreen and wear protective clothing.
7. Fractionated lasers may be an option to help reduce the look of scars. Discuss this option with Dr. Aydin to see if it is right for you.
8. Be Patient. Scars are thickest and reddest at 6 to 8 weeks following surgery, and expect them to improve over the course of a year.