Scar Care

After your child has had stitches removed, it is important to give extra attention to the healing skin. This will make the scar look as good as it can. The best ways to improve the appearance of a scar are through protection and massage.

Protection:

Protect a new scar for several weeks after the incision has healed. Keep the scar from being rubbed by tight or scratchy clothing. Try to keep the scar area from being bumped or hurt.

Use sunscreen. Scars are prone to color changes, especially those on areas of the body that are exposed to the sun, like the face, arms and legs. Sunscreen helps prevent skin color changes in the newly forming skin. Use sunscreen with at least SPF 30 every time your child goes outside (follow the directions on the bottle) or cover the scar with a Band-Aid®. You can also decrease exposure to the sun by having your child wear a hat and protective clothing.

Massage:

Massaging a new scar helps to flatten the scar. Massaging a scar can usually begin 2 to 3 weeks after the stitches are removed. Sometimes the scar is tender during the first few days of massage. Scar massage is performed with firm, constant rubbing along the length of the scar for 30 seconds 4 to 5 times each day. Massage should continue for 2 to 3 months for the best results. Moisturizers, such as Vaseline® or Aquaphor® may be used with massage. Special scar fading products, such as Scar Zone®, or silicone Band-Aids® dressings may be suggested by your child's physician.