



Moisturising, Massage and Sun Protection

Following any trauma, surgery or burn injury, once your wound has fully healed you will need to begin the process of adding moisture to your scar. Initially the new scar tissue will be unable to lubricate itself as the normal barrier the skin provides to prevent water loss is disrupted. A deep injury may also have damaged the sebaceous glands and sweat glands. So to prevent drying and cracking of the new skin moisturisation is recommended at least twice a day. Some people will find they require more than this, so be guided by how your skin is behaving.

There are many creams on the market but there is no definitive cream at this time that is recommended for scars. You will need to find a moisturiser that suits your skin type. We recommend it is something that is not highly perfumed and you do a patch test on any new creams you wish to try. There is some evidence that oat based creams and aloe vera can be beneficial in reducing itch.

Initially you need to treat healed tissue gently but should be able to progress quite quickly into massage of the scarring concentrating your efforts on any areas that are firm and raised. This should be at least twice a day and using firm circular motions with your fingers or thumb. Your creams act as a lubricant to prevent harm from friction.

Once your scar tissue begins to soften then you should try and reduce the amount of moisturiser added to allow your skin to begin to provide its own lubrication as prior to the injury. In severely damaged skin this is not always possible so creams may be required long term. Over use of creams can lead to blocked pores, white spots and rashes, make sure you clean your skin well between each application of cream.

Sun Protection: All scars should be protected with full sun block until they have matured- so normally two years after injury

Treatment Regime	<ul style="list-style-type: none"> Moisturisation at least twice a day Massage for at least twice a day (at least 5 mins) Full sun protection applied for 2 years
Creams	Non perfumed, Sun Creams should be full sun block containing both UVA and UVB 100% protection
Precautions	If you suffer increased itching / sensitivity or develop a rash then stop using your moisturiser and clean the area. Allow the rash to settle before trying any further creams.
Mini massager	Patterson medical £31.75 + vat AA9200A