

**EAST BAY HAND & PLASTIC SURGERY CENTER  
PRASAD G. KILARU, M.D.  
PLASTIC, RECONSTRUCTIVE, COSMETIC AND HAND SURGERY**

**CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY**

39141 Civic Center Drive, Suite 110, Fremont CA 94538  
Ph: (510) 791-9700 FAX: (510) 791-9703

**GENERAL INSTRUCTIONS ON SCAR CARE**

1. Scar tissue is immature tissue and does not behave like normal skin. It does not have oil or sweat glands like normal skin. The tissue will tend to dry up and if it dries up, it can scale or scab and cause more scarring. I recommend using lotion, anything with vitamin E or Aloe in it.
2. The next important maneuver for scar is massage to the scar line. You should apply the lotion and massage the scar line for about five minutes twice a day. You should apply sufficient pressure to the scar line, so that the scar blanches when you press on it. You should start at one end of the scar line and massage in a circular fashion along the entire scar line till till you get to the other end. It should take about five minutes for each scar and this should be done at least twice a day.
3. Scar tissue absorbs more pigment then the surrounding skin and does not give up that pigment as easily. If you are out in the sun and expose the scar to the sun, the scar will get darker faster and will stay darker longer. To prevent this, you should use sun block SPF 30 or higher, to cover the effected area while you are out in the sun. the scar usually looks its worse between three to six weeks and will start to mature between four to six months, if the massage and lotion and sun block are used. If they are not done, it may take up to a year to mature.