

MY WOUND HAS HEALED, NOW WHAT?

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WHAT IS A SCAR?

Your wound will take up to 2 years to heal, depending on multiple factors, and when that occurs, a scar is formed.

The scar can also have different formation timelines and results.

To support an healthy scar maturation there are varied things you can do.



WHAT TO DO?

- Depending on the scar type, meaning the type of injury that caused the scar, different approaches and techniques can be utilised.
- The most important fact is moisturising the skin and the scar area. This area needs to retain more water than the rest of your body, so please utilise specific products, not just your usual body lotion.
- Creams, oils, ointments can be utilised to promote adequate moisturisation of the scar.
- Other products that can be utilised are silicone gels, silicone sheets, garments, compression products, which will allow a better scar healing and lead to better outcomes.
- Other techniques that will support scar healing relate to the use of kinesio taping, cupping, lymphatic drainage and scar massage.



- Make sure you have the correct education on the different products and techniques being utilised and seek professional advise if you are not sure.
- When to start and stop scar therapy will also depend on the type of injury that lead to the scar formation, so please ensure the responsible healthcare professional has cleared the commencement of scar treatments.

Scar therapy should be provided by a scar therapist or other qualified healthcare professional that can provide scar therapy.

They should educate you and empower you to look after your scar.