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Recovery Instructions

Sunscreen Recommendations for Scars

Dr. Wendel recommends all patients use a sunscreen when outside but especially on new scars (that are exposed to sunlight) for a year after any procedure.

The SPF should be at least 30. Follow the application directions on the bottle.

Why is it so important to use sunscreen on scars?

A scar is new and more fragile than the surrounding skin.

If you do not use sunscreen, the scar line will react differently to the sun than the surrounding skin.

If you don't use sunscreen, the scar tissue will become darker than surrounding skin. This is a hyper-pigmented scar and will remain darker than the other skin.

After one year, the scar and surrounding skin should react equally to the sun.

Superficial Scar Massage

Scar massage desensitizes and reduces scar adhesions so skin glides freely.

Rub in a circular motion on and around the scar with firm, even pressure for 5 minutes four times per day.

You can start scar massage once the incision is completely healed and strong enough to handle the motion (usually 2-3 weeks post operatively).

You use moisturizing lotion, fortified with aloe and vitamin E to do the scar massage to allow ease with motion over the scar and prevent friction at the area.

For Medical Questions, Please Call:

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.