

## Caring for Scars

### Pressure massage

- ✓ Massage can be performed after healing of the surgical wound when the skin presents a smooth pink scar without crust - usually after 14-21 days. Pressure massage is performed by pushing your finger on the scar in one place for 10 seconds, then sliding your finger a bit to the next area of the scar and pressing for another 10 seconds. Repeat this across the entire scar.

### Ointment on the scars

- ✓ **Dermatix** is a silicone gel for external use. It is effective in the treatment and prevention of hypertrophic and keloid scars. Dermatix can be successfully used as treatment of scars after injuries, burns and surgery.
- ✓ **Contratubex** is a gel that aids the healing of wounds and scars (after surgery, burns, etc.). It consists of heparin, onion extract and allantoin. These substances act against inflammation, relieving tissue and promoting the formation of new tissue in place scars or wounds. After consulting with a doctor, it is possible to use Contratubex on unhealed or poor healing scars. Adverse effects may include burning, itching, bumps, or redness. Contratubex is applied 3 times daily to the affected area. The total treatment takes several weeks to 3 months, depending on the size and nature of the scar. During the treatment of fresh scars with Contratubex, it is advisable to avoid sun exposure or cold temperatures. The product is suitable for adult and adolescent patients, as well as children from 3 years of age.

### Patches for hypertrophic scars

- ✓ **Silipos** is a sheet of polymer gel which contains valuable mineral oil that is slowly released and absorbed into the skin. After the gel is opened, the mineral oil is good for one year, while the oil in unopened gel holds for two years. Since the mineral oil is not volatile, it does not evaporate upon exposure to air. Thanks to its flexibility, the gel is highly adaptable, and after stretching returns to its original state. It may even be stretched to several times its original length without tearing or subsequently changing its shape. By applying pressure to the gel in a certain place, the gel expands in all directions, allowing for maximum comfort. Most other material is only capable of compression.
- ✓ The gel is clear, without any odor, and has been clinically proven non-toxic. It does not cause any allergic reactions and bacteria does not adhere to it. The gel has an exceptional ability to hold heat, so it is suitable for arthritic patients with poor circulation. The gel is washable and can be reused.

## Application

- ✓ The gel can be used in many ways. It serves to protect the skin from friction and pressure. It is used as a supporting agent for prevention or treatment of keloid and hypertrophic scars after burns, injuries, in plastic surgery, sports medicine, prosthetics and orthopedics.
- ✓ Cica-Care - soft, self-adhesive silicone gel coverage indicated for the treatment of hypertrophic and keloid scars intended for reuse.

## Silicone cover for the healing of scars

- ✓ Silicone plasters are mainly used at night when it does not interfere with normal activities. If the patch is taken care of according to instructions, then it can be reused. Examples are Silipos and other products.

## Swelling and hematomas

- ✓ **Aescine** (3x2 tablets) – CHC
- ✓ **Heparoids, Ibuhepa** - for the absorption of hematoma after liposuction
- ✓ **Wobenzym** – do not to take before surgery!!! Can be taken two days after surgery.

## Solarium

- ✓ 6 weeks after the operation, but scars should be covered during use or they will become dark and more noticeable. Scars should not be exposed to tanning for at least 6 months.

## Desinfection

- ✓ First 1 – 2 weeks you will spray the wounds after your cosmetic surgery. Use it after every shower and spray it over the white tape. You can buy it at the clinic reception for 3 GBP/4 EUR.