

C.A.R.E. for your scar



CONNECT & CONTACT

Massaging your scar(s) twice a day can help to stimulate the repair process and help you connect with the scar emotionally.



APPLICATION

Wait until your wound has fully healed and allow 4 weeks after any stitches have been removed before you start to apply Bio-Oil. To apply, massage in a small amount until it has been fully absorbed.



REGULAR

You need to be dedicated and ensure you regularly massage and moisturise your scar twice a day for at least 3 months. This will help to speed up the skin's natural regeneration process.



EXPECTATION

If you are in the care of a nurse or surgeon, ask them how long your scar(s) will take to heal and how you should expect it to look and feel as it heals. Alternatively your local pharmacist can help with advice and recommend useful websites for further information.

Developed by *Bio-Oil*