

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.

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SITE & SKIN TYPE

Identify whether scar is on a mobility area and if the location of the scar or patient's skin type is likely to produce abnormal or worse scarring.



CATEGORY

Is it a linear, keloid, hypertropic, atrophic or contracture scar?



AGE

Is the scar new, still maturing or fully matured?



REASSURE, RECOMMEND & REFER

Help alleviate psychological worry by reassuring patient of commonness of scarring and that scars improve over time with the skin's natural regeneration process. Recommend treatment options and refer where necessary.

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