

Recommendations for Minimizing Scars

Here are a few of my personal recommendations that I have seen great success with our patients:

1. **Arnica gel** - for discoloration, helps reduce any boggy discolored scar appearance.
2. **Mederma cream** - for scar appearance, promotes the collagen formation that permits the scar to mimic "normal skin".
3. **Silicone sheets** - for scar hydration and appearance, many companies make them, sticker that is placed over scar.
4. **Vitamin E oil** - linked to skin health and promotion.
5. **Zinc oxide ointment** - or high SPF sunscreen for scars, to prevent further scarring.
6. **Dermatology/Plastic Surgery consultation** - last resort for aesthetic purposes.

Adherence is the key to scar treatment and can take up to 6 months of use to see a change.

Most patients end up using the Arnica gel if there is discoloration. Mederma Cream is great as well. Silicone sheets can be used at bedtime. Sunscreen is a must for a sunny beach day. These can all be purchased over the counter.

Your insurance may reimburse for scar care products, if so, please let us know and we can provide you with the Rx(s).

Daniel Bigman, PA-C
Physician Assistant for S. Robert Rozbruch, MD
Hospital for Special Surgery
Institute for Limb Lengthening & Complex Reconstruction
535 East 70th Street
New York, NY 10021
tel 646.797.8248
fax 212.774.2744
bigmand@hss.edu