

Silicone Tape Treatment for Scar

Sometimes Dr Coll would like to help you minimise scarring after surgery. There are a number of ways to minimise scar.

1. Mefix tape - this is useful for scars across joints that move. This will encourage the shallow layers of skin to remain still while the joint beneath moves. This will prevent scar thickening and widening and allow the joint to get going.
2. Cica Care - this is a thick silicone impregnated dressing. There is a thinner version by Elastoplast (Scar Reducer) which has similar properties. The best scar treatment is to use this 24 hours a day, 7 days a week. This will minimise scar thickening and remove the pink colour from the scar, even years after the scar was made. It is important to only start this once the scar is fully healed - even 6 weeks after surgery. It is not very sticky, and so you may need to wear a glove to keep it on, or use an adhesive tape over the top.

If you have any questions about scarring, please ask Dr Coll at your next appointment.



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Sarah Coll.

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FIXING BROKEN WINGS

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