

Most patients are happy with their scar once it's fully healed. Here's what to expect, and the two things that help most.

Setting Expectations

- Your scar will look the worst around 4 to 8 weeks — red, raised, and firm. This is normal, not a problem.
- Scars mature over 6 to 12 months, continuing to fade, flatten, and soften the whole time.
- If your surgery was on or near your nose, or the area removed was fairly large, healing may take a little longer and feel more noticeable — this is expected.
- Feeling self-conscious about scarring (especially on the face) is common and temporary. Most patients feel better by 3-6 months.
- **If you've had thick, raised (keloid) scars before, or your skin tends to scar more than most, let us know — we can start extra prevention steps early.**

Your Two Best Tools for a Better-Looking Scar

- Silicone gel, sheets, or tape: the best-proven scar product. Once your wound is fully closed, wear it 12 to 24 hours a day for at least 2 - 3 months. It's sold at most pharmacies without a prescription — ask us for a brand recommendation if you're not sure what to buy.
- Daily sunscreen: broad-spectrum SPF 30+ on the scar daily for at least 3-6 months once healed. This helps prevent dark discoloration

Your Scar Care Timeline

- **Weeks 0–2:** Follow your wound care instructions. Face stitches usually come out at 5-7 days, then are reinforced with adhesive strips.
- **Weeks 2–8:** Once the wound is fully closed (no open or scabbed areas), start silicone and sunscreen daily — this is the most important window for scar care.
- **Months 2–6:** Keep using silicone and sunscreen — consistency matters most. Gentle massage (5 to 10 minutes, twice daily) can ease itching or tightness, though it's optional.
- **Months 3–12+:** Your scar keeps improving on its own. If it stays thick, raised, itchy, or red, we have treatments — steroid injections or laser — to help it along.

What You Might Feel

- Numbness, tingling, or an odd "zinging" feeling near the scar is common while nerves heal. This can last weeks to months and usually fades on its own.
- Tightness is common, especially if the scar crosses a joint or a mobile area (near your mouth or eye). Gentle massage can help.

Living With Your Scar Day to Day

- Makeup: fine to lightly apply once the wound is fully closed with no open areas — usually around 2 to 3 weeks. Use a clean brush or sponge and remove it gently.
- Skincare products: hold off on retinoids, exfoliating acids, and other harsh products directly on the scar until it's fully healed and softened, usually a few months.
- Tattoos or piercings near the area: wait until the scar is fully mature, around 12 months, for the best results.
- Hair near the scar: some temporary hair thinning or loss near the incision is common and usually grows back as the scar matures. Ask us if you'd like to talk through what to expect for your specific scar.

Track Your Progress

- Take a photo every 2 to 4 weeks in similar lighting. Day-to-day change is hard to see in the mirror, but photos make progress easy to spot — and they help us track it with you at visits.

Reach Out to Us If

- Your scar stays raised, hard, or itchy well past 2 to 3 months
- Redness is getting worse instead of gradually fading after the first couple of months
- You have questions about your scar or scar products at any point

None of these are emergencies, but call us at [\(512\) 786-3498](tel:5127863498) so we can take a look and talk about options.

What to Avoid

- Smoking or vaping, and excess NSAID use (ibuprofen, naproxen) beyond what we've advised.
- Picking, scratching, or any trauma to the healing area.
- Unprotected sun exposure on the scar for at least the first 3 to 6 months.