



SCARS SURGERY

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Introduction

A scar is the body's natural way of healing and replacing lost or damaged skin. A scar is usually composed of fibrous tissue.

Who is A Good Candidate for Scars Surgery?

Treatment is not for everyone. Some people see no need to treat scars.

To figure out whether treatment is right for you, it helps to answer the following questions before making an appointment with a Plastic Surgeon or a consultation.

- Do I often wish that I could get rid of my scars?
- Do my scars limit my opportunities to date, get a job, advance my career, or perform well in school?
- Am I less outgoing and social now than before I had scars?

If you answered “yes” to one or more of these questions, talking with a Plastic Surgeon about treatment can be helpful.

Why Should A Plastic Surgeon Diagnose What Type of Scar You Have?

Scars are complex. To treat you safely and effectively, it's important for the person treating you to know about your health and the type of scar you have.

Different types of scars require different treatment. Your age and how long you've had the scar may also affect the types of treatment that will work best for you.

- What type(s) of scar you have
- If a scar is likely to fade with time
- When to treat the scar to get the best results

- What treatment is recommended

What Happens During An Scar Consultation with A Plastic Surgeon?

During this consultation, your Plastic Surgeon will:

- Examine your skin, paying close attention to your scars
- Ask you some questions

How Do Plastic Surgeon Treat Scars?

If you and your Plastic Surgeon decide that treatment is right for you, your Plastic Surgeon will create a treatment plan tailored to your needs. Before creating this plan, your Plastic Surgeon will consider the type of scars you have, how many scars you have, your age and skin tone, your budget, and many other considerations.

When it's time to treat the scars, your treatment plan may include one or more of the following.

Treatment for Depressed (Sunk-In) Scars:

These scars may be treated with a procedure, scar surgery, or medication applied to the skin. To give you the best results, your Plastic Surgeon may use more than one treatment

Treatment for depressed scars includes the following:

- **Chemical peel:** Applying a chemical peel to the skin helps the body produce more collagen and elastin. When the skin has more of both, depressed acne scars tend to be less noticeable.
- **Fillers:** This treatment adds volume to depressed scars. Fillers can also help your body produce more collagen and elastin to fill in the scars. There are different fillers, which last for varying amounts of time.
- **Laser treatment:** Plastic Surgeon use lasers to resurface skin with acne scars. As your skin heals after laser resurfacing, it produces collagen and elastin, which can diminish the appearance of scars. Laser also uses to contour skin around acne scars, which can also diminish the appearance of scarring.
- **Medication applied to the skin:** If you have mild scarring, **some ointments** can make scarring less noticeable.
- **Microneedling:** During this procedure, uses tiny needles to puncture the skin with acne scars. Puncturing the skin causes the body to produce new collagen and elastin.
- **Platelet-rich plasma (PRP):** Use this treatment to enhance the results of another treatment like microneedling. PRP involves having a small amount of your blood drawn.

This blood is placed into a machine that separates the blood so that we can use your platelets.

- **Microdermabrasion:** This non-invasive treatment gently exfoliates your skin.
- **Scar surgery:** Plastic Surgeon can perform minor surgery to diminish noticeable scars. Surgery may involve removing a scar and closing the area with stitches or a skin graft.
- **Dermabrasion:** Procedure that use to deeply exfoliate the skin. This minor surgery helps your body produce new collagen and elastin. Dermabrasion can also smooth out your skin making acne scars less noticeable.

After Treating Scars, Gentle Skin Care is Essential

Proper aftercare plays an important role in helping you get the best results from treatment for scars. That's why your Plastic Surgeon will give you individualized aftercare instructions. So that you know what to expect, here's a look at what aftercare typically involves.

1. **Follow your aftercare instructions.** This may include a skin care routine, which includes using certain skin care products
2. **Apply sunscreen every day to the treated skin.** After treatment, the sun can darken treated skin. Wearing sunscreen helps prevent this, it's essential to apply sunscreen 15 minutes before you go outdoors.
3. **Avoid tanning and spending time in the sun.** After treatment, your skin needs time to heal. In general, you'll need to avoid spending too much time outdoors during the day for 6 to 8 weeks.
4. **Wash the treated skin as your recommends.** Keeping your skin clean helps reduce the risk of infection.

Treatment For Raised Scars

Raised scars develop when the body produces too much collagen, so they require different treatment.

To diminish raised acne scars called **hypertrophic scars & keloids scars** your Plastic Surgeon may recommend:

Pressure therapy: Applying pressure to a wound while it's healing can:

- Reduce (or prevent) a scar, especially while a burn heals
- Prevent a keloid if your skin tends to form this type of scar
- Prevent a keloid from returning after it's surgically removed

To apply pressure, a patient wears a pressure dressing, which may be an elastic bandage, stocking, or earring.

Silicone gel (sheet or ointment): Used since 1982, silicone can:

- Treat a raised scar by reducing its size, hardness, redness, swelling, itch, or stiffness
- Prevent a raised scar, especially after surgery
- Prevent a scar from developing after surgery to remove the scar

Polyurethane dressing: This is a moist, flexible pad. You wear it to:

- Reduce scarring after surgery
- Treat a raised scar by reducing the color, hardness, and size

Lasers and other light treatments: This is becoming the go-to treatment for all types of scars because these treatments can:

- Prevent raised scars and keloids
- Reduce the appearance of existing raised scars and keloids
- Decrease scarring after surgery
- Treat some depressed acne scars
- Lessen the color of the scar, such as redness
- Increase a person's ability to move when a scar limits movement
- Reduce pain, itch, hardness, and swelling

Corticosteroid injections: Widely used to treat raised scars and keloids,

- Reduce the size of a raised scar or keloid
- Ease symptoms of itch and pain

5-FU or bleomycin injections: Your Plastic Surgeon may inject one of these medications directly into the scar to:

- Reduce (or completely flatten) a raised scar or keloid
- Ease symptoms of itch and pain

Cryosurgery: This treatment freezes the scar, which slowly destroys the scar tissue.:

- Reduce the size of raised scar or keloid
- Reduce pain, itch, hardness, and discoloration

After one treatment, the freezing can reduce the size of a scar by 50% or more.

Scar surgery: During this treatment,

- Reduce the size of a keloid
- Increase your ability to move if a scar limits movement

Before & After Photo



Visual Animation



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FOR APPOINTMENT

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