

SCAR TREATMENT
MYTHS & MISCONCEPTIONS:
WHAT REALLY WORKS

SCARFADE[®]

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WHAT ARE SCARS?

Scars are a natural part of the healing process. When the skin is injured, the body sends a repair team to close the wound and create new skin. When this process happens in the deeper dermis layer, natural collagen is used to generate new skin with a different color and texture – a scar. Scars are often pink or red and slightly raised, later turning pale and flattening with age.

WHAT CAUSES SCARS?

Anytime the skin is injured, there is a chance for scarring to occur. Possible causes of wounds include scrapes, cuts, surgical incisions, acne and burns. How well the wound heals impacts the scar formation.

SCAR FEATURES

Depending on the type, depth and location of the wound, scars can be large and wide or small and thin. Scars that form over joints and limit mobility are called contracture scars. Thick, red or purple raised scars sometimes form on various parts of the body. These are called hypertrophic scars. If they outgrow the original wound area, they are referred to as keloid scars. Hypertrophic and keloid scars are the most prominent types of scars and may never completely go away.

5 SCAR TREATMENT MYTHS

Myth

1

MYTH: Going out in the sun will help a pink scar turn brown and blend in better.

FACT: UV rays can cause hyperpigmentation in the skin, causing it to stand out even more.

SOLUTION: *Use sunscreen that's SPF 30 or higher to protect this sensitive skin.*

Myth

2

MYTH: Use hydrogen peroxide to clean new skin while it's forming.

FACT: It destroys new skin cells and draws out the healing process.

SOLUTION: *Clean the area with warm soap and water.*

Myth

3

MYTH: Vitamin E is a universal fix for damaged skin.

FACT: According to a study at the University of Miami, it actually hinders the process.

The study also revealed that about one-third of the participants had an allergy to Vitamin E.

SOLUTION: *Try medically proven topical scar treatments that contain Vitamin C. It's an antioxidant that boosts healing.*

Myth

4

MYTH: Let it air out.

FACT: Dry skin doesn't heal as well as moist skin.

SOLUTION: *Keep it covered and moist with an antibiotic or silicone gel cream. Stay hydrated.*

Myth

5

MYTH: All scars will eventually turn light and fade.

FACT: Keloid scars, hypertrophic scars and infected wounds are unlikely to turn light and fade without special treatment.

SOLUTION: *See a doctor if your scar is itchy, red and raised. Keloid and hypertrophic scars respond well to silicone scar gel treatments.*

SCAR TREATMENT

Different scar treatments can be used to reduce or remove scars. The effectiveness of the scar treatment depends on the treatment method, type of scar and type of skin. Your age, ethnicity, genetic heritage and gender also affect how your scars form and skin heals. Use a scientifically proven method of treating scars for best results.

REVISION SURGERY

A plastic surgeon can reduce the width and height of a scar to make it less prominent. Keloid scars are known to grow back after surgery.

RADIATION TREATMENT

Used in keloid scar reduction in tandem with surgical excision, there is evidence that a side effect of radiation therapy is tumor growth.

SILICONE SCAR GEL OR SHEETING

Use clinically proven silicone scar treatment such as Scarfade to keep the skin moist and prevent overproduction of collagen. This was developed for use on keloid and hypertrophic scars, but it's also effective on all other types of scars except for pitted acne scars.

DERMABRASION

A professional uses a machine to remove the top layers of a developed scar, creating a smoother surface.

FILLER INJECTIONS

The preferred, yet temporary, method for treating icepick acne scars, a professional uses filler to raise the level of the scar to the surface level of the surrounding skin. Technological developments are moving toward new fillers, which may last longer.

LASER RESURFACING

A dermatologist or other professional uses laser technology to remove the upper layers of a scar. It's similar to Dermabrasion, but has a longer recovery time.

STEROID INJECTIONS

Over the long term, professionally-injected steroid shots can soften and reduce raised red scars and minimize or eliminate itchiness.

UNPROVEN HOME REMEDY TREATMENTS

It seems that there are home remedies for everything, including scar treatment. Unfortunately, there's often no scientific research to back them up, and they don't always work. Some can even be harmful to the skin.

HONEY

A natural moisturizer, not scientifically proven to reduce scars.

LEMON JUICE

A natural acid and bleach. It can cause skin sensitivity to sunlight.

ALOE VERA GEL

Studies show it helps to heal burns and superficial wounds. Another scientific study shows that it inhibits healing of deep surgical wounds. It's not proven to reduce scars. It is proven to change the absorption rates of many pharmaceuticals.

ONION EXTRACT

An anti-inflammatory used for several months may reduce collagen production, but it's not scientifically proven.

OLIVE OIL

When ingested, olive oil is a natural anti-inflammatory. There is no scientific evidence to support any improvement when used topically on the skin.

INDIAN GOOSEBERRY

An herbal paste rich in Vitamin C, not proven to reduce scars.

TEA TREE OIL

There's little evidence to support scar reduction, but it kills bacteria, which may help to prevent acne flare-ups that could later cause scars.

CUCUMBER

While it has a high water content, it's unproven to aid in scar treatment.

WOUND CARE TO REDUCE SCARS

One way to reduce the formation and prominence of scars is to properly care for the wound. Follow these 6 steps.

STEP
1

Carefully clean and disinfect a fresh wound. See a doctor if it's deep.

STEP
2

Keep it covered and moist with antibiotic cream to prevent infection and prevent the skin from drying out while the wound heals.

STEP
3

Don't disturb or pick at the scab.

STEP
4

Apply pressure to prevent collagen build-up and inflammation.

STEP
5

Once the wound has healed, use a topical treatment such as silicone scar gel to keep the area moist and reduce scar formation.

STEP
6

Massage the affected area daily as new skin forms.

HOW TO COVER A SCAR

Some scars can be hidden or covered to minimize their prominence. Use these temporary fixes to prevent your scars from becoming the object of embarrassment or conversation.

- ✓ Cover with clothing.
- ✓ Use sunscreen with titanium dioxide or zinc to protect against ultraviolet (UV) rays and hyperpigmentation.
- ✓ Bleaching creams can lessen hyperpigmentation.
- ✓ Apply cosmetic concealer with a yellow base to neutralize a brown scar.
- ✓ Blend in cosmetic concealer with a green base to neutralize a pink or red scar.
- ✓ Use cosmetic concealer the shade of your skin tone for light-toned scars.

While some scars can be reduced or faded until they are barely visible, other scars are naturally prominent and may never disappear. Proper wound care and use of scientifically proven scar treatment methods can minimize their visibility and prominence. To learn more about Scarfade scar treatment gel and silicone sheeting, visit www.scarfade.com.

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