



# SCAR CARE FOR OPTIMAL HEALING

This protocol is designed to guide your scar care after surgery and was curated by Dr. Zuri. Following these steps will help minimize scar visibility and promote healthy healing. Always follow Dr. Zuri's personalized recommendations, as healing can vary for each patient.

## 0-2 WEEKS POST-SURGERY

### Focus

Incision protection and initial healing; improvement of oxygenation and reduction of swelling.

Keep incision clean and dry. You can shower 24 hours after surgery and blow dry on the cool setting.

Protect incision from sun exposure.

Avoid applying creams, gels, or treatments directly to the incision.

### Hyperbaric Oxygen Therapy

As soon as possible to help improve tissue oxygenation, reduce infection risk, improve wound healing, reduce swelling.

## 2-6 WEEKS POST-SURGERY

(Once Incisions Are Fully Closed)

### Silagen® Silicone Scar Therapy/Tape

Apply silicone gel (2x per day) or sheeting daily to soften and flatten scars. Continue for at least 6 months for best results.

### Gentle Scar Massage

Start with light fingertip massage to improve circulation and prevent stiffness.

### Red Light Therapy (Low-Level Laser Therapy)

Helps reduce redness, inflammation, and supports collagen remodeling. Recommended 2-3 times per week as tolerated.

## 4-6 WEEKS POST-SURGERY

Continue Silagen® Silicone Scar Therapy or Tape + Gentle Scar Massage.

## 8-12 WEEKS POST-SURGERY

Intense Pulsed Light (IPL) Therapy  
Used for redness or pigmentation in the scar.

May require a series of treatments spaced 4-6 weeks apart.

Typically begins around 2-3 months post-op depending on skin type and healing.

## 3-6 MONTHS POST-SURGERY

### Fractional CO<sub>2</sub> Laser Therapy

Considered for thicker, raised, or textural scars.

Usually performed after scars mature (3 months post-op).  
Stimulates collagen remodeling for smoother scar appearance.

Continue Silagen® Therapy or Tape and sun protection during this period.

## ONGOING MAINTENANCE

Use SPF 30+ daily on scars to prevent darkening.

Continue Silagen® Therapy or Tape up to 6 months or longer if scars remain active.

Follow-up visits to evaluate progress and determine if additional treatments (IPL/CO<sub>2</sub>) are needed.

## Key Notes for Patients

Healing timelines vary—treatments may be adjusted based on your skin type and healing response.

Do not start therapies without clearance from Dr. Zuri.

Consistency with silicone therapy and sun protection is the most important factor in scar improvement.

Hyperbaric Oxygen, Red Light Therapy, and laser therapies are all available at Hydrology Wellness, 305.859.3999.



Scan to schedule post-surgery therapy at Hydrology Wellness

 [hydrologywellness.com](https://hydrologywellness.com)



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