SCAR CARE GUIDE

Comprehensive scar care after breast and abdominal surgery

EMERGENCY CONTACTS

Life-threatening emergency: **Call 999**

Urgent medical advice: **NHS 24 on 111**

Waterfront Hospital (Mon-Fri 9am-5pm): **0131 376 3785**

Out-of-Hours Emergency Line: **07405 322 689**

Email: **hello@waterfronthospital.co.uk**

TAPE - MOISTURISE - PROTECT

These three steps, followed consistently, help your scars fade faster and look better.

RECOVERY AT A GLANCE

Time Period	What to Expect	Key Actions
Week 1	Healing begins	Keep dressings clean and dry
Week 2	First dressing change	Outer dressings removed, can shower
Weeks 2-4	Wound monitoring	Wait for complete healing before moisturising
Month 1+	Tape-Moisturise cycle	Start 3M Micropore tape rotation
Months 2-6	Continued care	Continue tape-moisturise rotation
6+ months	Ongoing fading	Continue protection, scars fade 12-18 months

THE TAPE-MOISTURISE CYCLE

Step 1: Apply Tape

- Use 3M Micropore tape (available from any pharmacy)
- Cut tape to cover the entire scar
- Apply gently to clean, dry skin
- You can shower with tape on (it's water-resistant)

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Step 2: Leave Tape On

- Keep tape on for 3-5 days (or longer if comfortable)
- Tape protects the scar and helps reduce redness

Step 3: Remove and Moisturise

- Remove tape gently in the shower
- Massage moisturiser or bio-oil into scar using circular motions
- Leave skin bare for 1-2 days to breathe

Step 4: Reapply Tape

- After 1-2 days, apply fresh tape
- Continue this cycle for 4-6 months

RECOMMENDED PRODUCTS

- Tape: 3M Micropore tape (Boots, Superdrug, any pharmacy)
- Moisturisers: CeraVe, Aveeno, E45, Bio-Oil (all fragrance-free)

PROTECT YOUR SCARS

- Sun: Use SPF 30+ sunscreen, avoid sunbathing for 12 months
- Chemicals: Avoid chlorine pools for 6 weeks
- Stretching: Avoid strenuous exercise that stretches scars for 4-6 weeks
- Irritation: Wear soft, loose clothing next to scars

FREQUENTLY ASKED QUESTIONS

Q: When will my scars fade?

A: Scars continue fading for 12-18 months. Most improvement in first 6 months.

Q: Is redness normal?

A: Yes. Fresh scars are red due to increased blood flow. This gradually fades.

Q: What about bio-oil?

A: Popular but no strong evidence it works better than standard moisturisers. Regular moisturising is key.

Q: What if my scar stays thick?

A: Continue moisturising. If still very thick after 12 months, treatments are available.

SCOTTISH NHS INFORMATION

Your surgery and routine aftercare is covered by Waterfront Private Hospital. Emergency complications receive free treatment at any NHS A&E. Your NHS GP can assist with ongoing care.

Nearest A&E Departments:

- Royal Infirmary of Edinburgh: 51 Little France Crescent, Edinburgh EH16 4SA
- St John's Hospital: Howden Road West, Livingston EH54 6PP

We're Here to Support Your Recovery

Don't hesitate to contact us with any concerns - we're here to help.

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