



SILICONE GEL SCAR SHEETS

(Neosporin Scar Solutions/Curad Scar Therapy/Scarguard)

Silicone gel scar sheets can help prevent thick and keloid scars. I do not believe other topical scar creams (such as Mederma) are very effective.

Usage:

- Cut a piece to fit **existing scar** and wear for a least 12 hours per day for a minimum of eight weeks. Improvement can continue after this.
- If using after surgery for biopsy, **begin using after stitches are removed or after an open wound heals** (usually two to three weeks after a biopsy).

Scarguard is a liquid silicone gel which is available over the counter and is applied much like nail polish. It is available at www.scarguard.com or a pharmacist can order it for you without a prescription.

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