

## Why use scar care product?

Maintaining adequate moisture levels is a key factor in tissue regeneration. Ideally the immature and maturing scar require a humectant, occlusive and emollient.

## Skin test

We recommend a skin test is completed for clients with any history of sensitivity or with very new scars. Place a small amount of a cream, oil, gel or other topical product behind the ear or in the elbow crease and leave for 24 hours before applying the product onto the scar. This is to ensure that there is not an allergic reaction which could be significantly more serious and uncomfortable on the site of an immature scar.

## Cream, oil, ointment, balm or gel?

Different ratios of water and oil give these substances unique textures, which can have some effect on the product's intended purpose. Different products are best for different symptoms, clients budget and area of application.

## Scar Gels



### General information (may differ from product to product)

- Opaque or translucent.
- Oil free, may contain cellulose, water, and alcohol.
- Absorbed quickly (unless it has silicone which will remain as an occlusive).
- Silicone may be a beneficial ingredient to provide a barrier function after skin damage and can reduce overproduction of collagen.

### Can it provide sun protection?

- Spf may be added.

### What order to apply when using with other products?

- Use after a cream, oil, ointment or balm if applying both.

## Balms and Ointments

There is a crossover between products called ‘balms’ and ‘ointments’. Traditionally balms are naturally derived from plant resin. Ointment is often used for pharmaceutical products. Check the ingredients of any product and research the ingredients and any benefits for scars.

### General information (may differ from product to product)

- Little or no water content (do not provide hydration).
- Emollient (to soften the skin).
- Highly concentrated, with a high fat and oil content.
- Occlusive to lock in moisture, sits on top of the skin.
- No filler ingredients which are needed for creating lighter creams and lotions.
- Thick, almost solid, waxy texture.
- Leaves a greasy, oily or sticky feel on the skin.
- Mineral based ointments (liquid paraffin) will provide more occlusive barrier with less absorption.
- Natural ointments will be less occlusive and can be partially absorbed into the deeper skin layers.

### Can balms and ointments provide sun protection?

- Spf is not usually available.

### What order to apply balms and ointments with other products?

- Use after a cream and before a silicone gel if applying both.

### Concerns/when to avoid?

- Do not recommend any mineral based products on clients on oxygen.



## Topical products: Scar oil

### General information (may differ from product to product)

- No water content (do not hydrate).
- Slower to absorb with an oily residue.
- Mineral based oils (petroleum) simply provide an occlusive barrier, but natural oils will be absorbed into the deeper layers.



- Natural oils may have higher active ingredients to nourish some oils mimic sebum and can penetrate into the skins deeper layers.
- Replaces damaged skin barrier whilst on the skins surface, until fully absorbed.
- Good coverage of a large area.
- Ideal for making personalised aromatherapy blends.

**Can they provide sun protection?**

- Spf in natural products not usually available.

**What order to apply it in**

- Use before a silicone gel if applying both.

**Concerns/when to avoid?**

- Do not use mineral based products on clients on oxygen.
- Avoid vitamin E oil until more research is conducted.<sup>1</sup>



**Topical products: Scar creams**

**General information (may differ from product to product)**

- High water content (usually 60-80%) used to deliver water into the skin.
- Easily absorbed with a lower fat content compared to ointment and balms.
- Ingredients such as fatty oils or glycerine hold the moisture in the skin.
- Light or medium textures available.
- White or coloured.
- May have ingredients to target specific issues such as itching, redness etc.



**Can they provide sun protection?**

- Spf may be added, but products with sun protection may not penetrate the skin.



**What order to apply when using with other products?**

<sup>1</sup> Baumann LS, Spencer J. The effects of topical vitamin E on the cosmetic appearance of scars. Dermatol Surg. 1999 Apr;25(4):311-5. doi: 10.1046/j.1524-4725.1999.08223.x. PMID: 10417589.

- Use after a natural oil, before a mineral oil. Use before silicone gel, if applying both.

### Topical products: Silicone sheeting

#### General information (may differ from product to product)

- Creates an occlusive barrier to prevent moisture loss.
- Lays flat on skin surface and reduces overgrowth of scar tissue (keloid and hypertrophic scars).
- Usually gradually increase wear from 4 hours a day, increasing by 2 hours until wearing for min 12 hours but ideally 23 hours a day for a minimum of 6 weeks before benefits are observed.
- Thick and thin sheets are available. Thinner sheeting may better suit children and adolescents or areas of the body which move more.<sup>2</sup>
- Some sheets contain active ingredients in the adhesive gel.



#### Can they provide sun protection?

- Spf is sometimes available.

#### What order to apply it in

- Use after a cream has absorbed.

#### Concerns/when to avoid?

- Any infection concerns.
- After using oil, balm or an ointment (as these will prevent adhesion of the sheet).

### Compression garments

#### General information (may differ from product to product)

- Compressive force on skin surface and reduces overgrowth of scar tissue (keloid and hypertrophic scars) but compliance is required to be effective<sup>3</sup>.

<sup>2</sup> Comparison of the effect of silicone gel sheets by thickness on excisional scars in pediatric and adolescent patients; Min Ji Kim, Woo Beom Lee, Dong Ha Park, Min Ji Kim, Woo Beom Lee, Dong Ha Park; Archives of Aesthetic Plastic Surgery 2022;28(1):17-23. Published online: January 31, 2022

<sup>3</sup> Early cessation of pressure garment therapy results in scar contraction and thickening; Danielle M. DeBrueler, Jacob C. Zbinden, Molly E. Baumann, Britani N. Blackstone, Megan M. Malara, J. Kevin Bailey, Dorothy M. Supp, Heather M. Powell; PLOS ONE 13 (6) Published: June 13, 2018

- 24 hour wear may be recommended, 1-3 months to support initial healing (not high risk) or for two or more years (high risk patients/severe trauma).
- Promotes lymphatic flow and minimises post-operative swelling and bruising.
- Holds the skin in position, commonly used after cosmetic surgery procedures.

Additional training is recommended before measuring and fitting clients for compression garments. Problems can result when compression garments which are badly fitted, such as an increase in swelling, serious complications if the individual has any vascular conditions where compression garments may be contraindicated etc. Contact the distributors to find locally trained professionals to measure and fit your clients if needed.



Used in major burn care to promote movement and minimise scar shrinkage and contracture.

- Protects fragile skin, for example after skin graft.
- Provides pain relief and support after abdominal or pelvic surgeries for coughing, sneezing etc.

#### **Can they provide sun protection?**

- Yes.

#### **What order to apply it in**

- Use after a creams, oils or gels have absorbed.
- Use over silicone sheeting.



#### **Concerns/when to avoid?**

- Must be a good fit to be effective.
- Folds and creases in the garment can impact healing and lead to areas of fibrosis.

#### **Product discounts and exclusive offers:**

These companies are businesses supplying scar care products which Emma Holly has used for the development of the course and includes a variety of suppliers for scar creams, gels, silicone and oil:

[Espere Health UK](#) [Australian Medical Supplies](#) sell these products in Australia and New Zealand (costs may vary)



RESTORE C-Section Pack: Use **product code ESEHC-001** (one pack only per therapist)

Products **retail at £134.89**. Usual wholesale £94.43. RESTORE EXCLUSIVE **£59.95 inc VAT**.

**C-section exclusive RESTORE pack to include**

- 1 C-Section Scarban
- 1 Alhydran 30ml
- 1BAP ScaeCare 20g
- 1 Scarban leaflet with sample
- 6 Scarban patient leaflets
- 1 BAP Scarcare patient leaflet
- 1 Alhydran patient leaflets
- 6 colour rulers
- Guidelines card

**RESTORE Therapist Pack**

Use **product code ESEHT-001** (one pack only per therapist)

Products retail at £79.85. Wholesale price £55.90. RESTORE EXCLUSIVE **£44.99 inc VAT**

- 1 \* 30ml Alhydran
- 1 \* 20g BAP scar gel
- 1\* 10g BAP gel SPF 40
- Silicone samples on A4 card
- Colour ruler
- Letter with media links
- Research paper on silicone practical guidelines

Become a distributor, contact Espere Health to discover the benefits and discounts.

Sieden UK

**INTRO50** gives **50% off Naqi Scar Oil DUOPACK** - it can be combined with **NAQIFREE** (free postage when ordering 4 or more items). Limited to one use per customer and they can **only order one pack at this price** (*the system will let you add more to the basket, but Sieden will only supply one*)

Ongoing Sieden discounts: Use discount code: **RESTORETHERAPY 27% off**. Order 4 or more items, then they can also use the code **NAQIFREE** for **free postage** as well as the discount.



Balmonds UK discount code (20% off your first order): RESTORE20

Songbird Naturals UK 25% therapist account discount (use this discount code for **additional** 10% off your first order): songb16

Tui Balms sell these products in Australia and New Zealand.

www.thescarwand.com IASTM tool for self care or therapist use discount code (15% off) GIFTEmma15

**ScarEase: UK** An affordable silicone sheeting for linear scars save 10% with code RESTORE10 Www.scarease.co.uk

<https://sk1n.co.uk/products/menthoderms> No discount, but menthoderms is great for itching. This highly minty cream is available on prescription or buy direct with this link. The mint cools the skin surface and helps reduce itch. Also good for menopausal flushes! Not recommended for sensitive skin. Always do a patch test.