

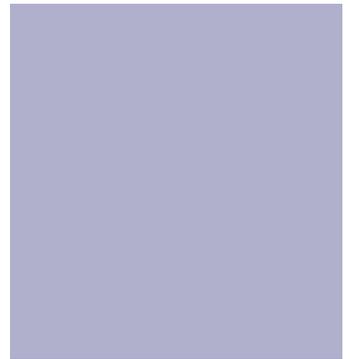

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**SCARS MADE SIMPLE:**

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HOW TO HEAL, TREAT AND HIDE SCARS

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HOW TO HEAL, TREAT  
AND HIDE SCARS

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# INTRODUCTION

Someone who has never had a scar may not realize the profound impact that it can have on confidence and wellbeing. When it's very visible, like on your face, arms or hands, even the smallest scar has the potential to cause anxiety, low self-esteem and self-consciousness to the extent that it gets in the way of everyday life. Other scars are easier to hide with clothing and may not cause emotional stress but have physical symptoms such as pain or itching – effects often seen with burns or deep wounds – that limit your ability to function.

On a deeper level, there may also be psychological trauma associated with the cause of the scar – the emotional scars that no one else sees. The scar is a constant reminder of the event that would be best forgotten, such as a car accident, fire, emergency surgery, dog bite or skin cancer. In these cases, it's easy to understand why some people would go to great lengths to diminish a scar or cover it up.

Those of us who have scars understand the challenges it can present, from the inconvenience to the time and expense devoted to the products and procedures that go along with hiding them. Adding to the challenge is the amount of false, confusing or misleading information about scars and the promises of “quick-fix” solutions to make them disappear. The number of scar-reducing products on the market today is overwhelming. Who knows what really works and what's a waste?

That's why we've put all the basics into one book. Think of this as a crash course in scars, with simple explanations of the following areas:

**Section 1 – Types of Scars and How They Form**

**Section 2 – Caring for Scars – Improving the Immediate and Long Term Results**

**Section 3 – The Best Way to Conceal Scars While They Heal**

**Section 4 – A Permanent Solution to Scars?**

By reading this book, you will learn about the different types of scars and the specific methods of care that can potentially reduce the appearance and even the pain of a scar. By the end, you'll have a clear view of the options available and make the best decisions on how to heal, treat and conceal your scar...and go back to living your life. Of course, you should always follow the advice of a medical professional who has the opportunity to evaluate your specific condition.

# SECTION 1

## Types of Scars and How They Form

Scars can be caused by any type of damage or wound to the skin, which heals itself in phases over weeks and even years. The body naturally produces new collagen fibers to mend the skin, which results in a scar after the wound has completely healed. Once the scar has formed, the repaired skin will end up looking and feeling different than the undamaged skin around it, in color and/or texture.

Scars come in many different sizes, shapes, and colors, and each type may need a different kind of treatment to make it less noticeable. It's worth noting that not every scar results in a dramatic and noticeable mark - many scars heal in a "normal" process with neither a sunken nor raised result. The other main types of scars are:



**ATROPHIC SCARS** look sunken or pitted due to damage to the collagen or other tissues below it that are needed to support the skin. These scars can be caused by acne, injury, surgery and chickenpox.



**HYPERTROPHIC SCARS** or **KELOID SCARS** are raised and are thicker than the surrounding skin. These occur when the body produces too much collagen at the injured site during the wound's healing process.



**ACNE SCARS** are a mixed bag - there are atrophic acne scars, which look like slight depressions in the skin; hypertrophic acne scars, which are raised; and post-inflammatory pigmentation which are the tell-tale reddish or brown spots that linger after the acne has cleared up

# SECTION 1

## Types of Scars and How They Form

How quickly a wound heals is affected by several factors, including your age and overall health, the type of injury, its location on the body, and how its cared for. Regardless of those factors, all wounds heal in three phases, described below:

- **PHASE 1: INITIATION PHASE** takes place immediately after an injury and is complete within the first few hours. A blood clot forms, and special reparative cells enter the wound site to start the healing process.
- **PHASE 2: INFLAMMATORY PHASE** starts as new cells and proteins including collagen start to grow and cover the wound's surface. Early scar tissue and new blood vessels form to nourish the reparative cells. A scab appears over the wound, which should be left in place to avoid causing further skin damage and larger scars. Many dermatologists recommend keeping the wound covered and moist to protect the new skin cells growing beneath it, until it falls off on its own.<sup>1</sup>
- **PHASE 3: REMODELING PHASE** is the last phase of wound healing, where collagen fibers begin to draw closer together, making the injured skin stronger and gradually decreasing the size of the scar. Reparative cells continue to enter the scar for many more months and even years, often causing it to look better after the first year than it did after the first month.



<sup>1</sup> Jessica Krant, MD, MPH, Assistant Clinical Professor of Dermatology @SUNY Downstate Medical Center, "Do's and Don'ts of Scar Prevention"; <http://www.everydayhealth.com/skin-and-beauty/dos-and-donts-of-scar-prevention.aspx>

# SECTION 2

## Caring for Scars – Improving the Immediate and Long-Term Results

Although scarring can't be prevented completely, proper wound care throughout the healing process can help minimize it. While it may take a couple of years for the scar formation process to be complete, the sooner you intervene to reduce its appearance, the better the results. Always follow your doctor's instructions for caring for your wound and scar, and ask questions if you are unsure about how to use a product and what type of results you can expect.

### How to Care for Scars – Tips and Product Picks for New Scars

- Immediately after the wound has closed, a petroleum jelly like Vaseline or Aquaphor can provide barrier protection and create a moist healing environment. Antibacterial creams and bandages can be used to prevent infection, keep the area clean, and allow it to heal as quickly as possible.
- Broad-Spectrum sunscreen should always be used on scars that are exposed to the sun. Sun damage not only darkens the scar, it also may weaken your immune response and delay healing. Dermatologists recommend a sunscreen with a minimum SPF 30 for the sensitive skin of scars.<sup>2</sup> Be careful of common chemical sunscreen ingredients such as oxybenzone which can cause allergic reactions. Mineral based sunscreens create a physical barrier and are typically kinder to sensitive skin. ScarScreen by Dermaflage uses no chemical sunscreens and is comprised of only zinc oxide.
- Creams with onion extract, such as Mederma, may reduce discoloration and help smooth the texture of fresh scars, but the research is mixed on whether onion extract is truly beneficial for this purpose.
- Avoid cleansers and other products with any potentially-irritating ingredients, such as eucalyptus, which may inhibit healing. Vitamin E is marketed as a healing ingredient but there is no strong data to support healing claims and you may develop an allergic reaction.

<sup>2</sup> Dermatologist Sonia Badreshia-Bansal, MD, "Reducing Scars: What Works and What Doesn't"; <http://www.webmd.com/a-to-z-guides/wound-care-10/reducing-scars?page=2>.

## SECTION 2

# Caring for Scars - Improving the Immediate and Long-Term Results

- Silicone gels and sheets may help prevent the formation of too much scar tissue, which medical evidence shows is particularly effective for improving the size, texture and appearance of hypertrophic and keloid scars. Silicone has long been used post-surgery to reduce or prevent scarring, increase skin elasticity, and reduce itching and pain without side effects. Recommended use is application on the closed wound site for 12 to 24 hours a day for at least 2 to 3 months.



- An evolution of silicone gel and professional camouflage, Dermaflage is the first silicone topical filler for scars. It instantly conceals even deep scars, by filling and covering them with a super thin layer of silicone that is tinted and textured to match the user's skin. It bonds to the top layer of the skin to protect and conceal the scar. Made from a medical grade silicone, it is flexible like your skin, and most importantly, it's waterproof and smudgeproof. Studies show silicone may also help to gradually improve the appearance of your scars.<sup>3</sup>



<sup>3</sup> The National Center for Biotechnology, "The Efficacy of Silicone Gel for the Treatment of Hypertrophic Scars and Keloids"; <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2918339/>

# SECTION 3

## The Best Way to Conceal Scars While They Heal

Never underestimate the power of makeup. Because even the most effective scar treatment can take months to show results, the instant gratification of a layer of flawless foundation or expertly blended concealer is priceless.

For foundation, the message is clear: go full-coverage or don't bother. Select the right formula for your skin type, such as oil-free, oil-based, water-free or water-based. The coverage spectrum ranges from the opaque, complete coverage of a water-free product (which may be a bit heavy for everyday wear) to an oil-based cream version that may contain skincare benefits, down to a water-based formula that is buildable and lets you layer it heavier only in the areas that need more coverage. Color-matching is key, and best achieved in natural light. Never try to color-correct your whole face with a base that's darker or lighter than your natural skin tone - unless the "mask" look is what you're going for.

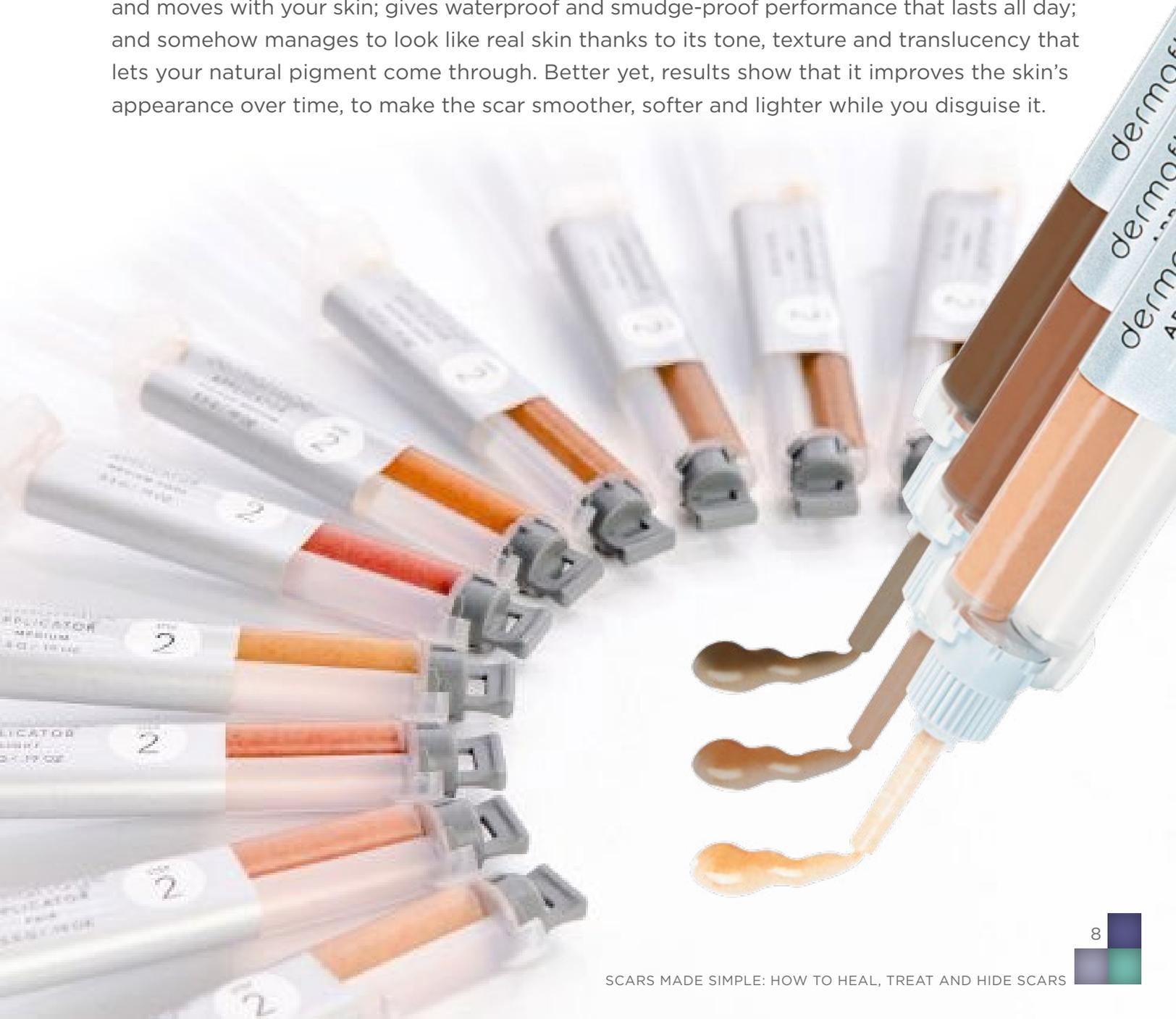
A full-coverage concealer is your secret weapon when it comes to hiding scars, and is ultra-effective when you use it to color-correct instead of simply cover. While an ordinary concealer will only lighten your scar to a paler shade of red, purple, or brown, "neutralize" the scar with a concealer that cancels it out with an undertone of green, blue, or yellow in a base of beige. Refer to the color wheel you probably last used in third grade and find the hue that's directly opposite from color of your scar: green and red neutralize each other; blue cancels out orange; and yellow corrects purple.



# SECTION 3

## The Best Way to Conceal Scars While They Heal

How do you take your camouflage to the next level? Take on both the color and the texture of your scar with a dual-benefit product like **Dermaflage**, a silicone topical filler that “resurfaces” the uneven skin caused by scars by filling and concealing the recessed, shadowy area that other makeup can’t effectively smooth and hide. Not only does it cover the scar, it’s flexible and moves with your skin; gives waterproof and smudge-proof performance that lasts all day; and somehow manages to look like real skin thanks to its tone, texture and translucency that lets your natural pigment come through. Better yet, results show that it improves the skin’s appearance over time, to make the scar smoother, softer and lighter while you disguise it.



# SECTION 4

## A Permanent Solution to Scars?

There is a lot of hype surrounding in-office “scar removal” treatments offered by plastic surgeons, dermatologists, and medical spas across the country. While many of these procedures are highly effective, the patient must be aware of the factors that go along with any of these invasive methods before jumping into them: There is not a “one-size-fits-all” treatment that addresses every type of scar issue; most of these require some level of downtime afterwards; the scar may still need some concealing between office procedures; and the cost may be prohibitive for some. If you decide to go this route, ask the doctor or the facility for specifics of the before-during-after process and the type of results you can expect from a single visit or if a series of treatments is required.

### **AMONG THE MOST WELL-REGARDED IN-OFFICE TREATMENTS FOR IMPROVING THE APPEARANCE OF SCARS INCLUDE:**

Not surprisingly, **SCAR REVISION SURGERY** is the most effective procedure but is expensive and also the highest-risk. (Involving similar risks of any type of surgery, such as infection, excessive bleeding, and adverse reactions to anesthesia.) Best suited for sunken scars rather than raised, the surgery replaces the scar with a new, less obvious one, but there is potential for the new scar to be more noticeable than the original one.

**CHEMICAL PEELS** require a series of treatments every few months for at least a year to improve scars and diminish post-inflammatory pigmentation, like red or brown spots. They vary in the downtime they require (from zero to a few days) based upon their strength, and can come with temporary redness, itching, and burning.

**DERMABRASION**, like chemical peels, removes the upper layer of skin allowing new, smoother skin to grow back and is more useful for raised scars and less useful for sunken ones. Each treatment can improve scar appearance by approximately 20 to 40 percent, and it can never fully eliminate the scar. A less abrasive (and less costly) version is **MICRODERMABRASION**, but it has only minimal effects on very superficial scars and may require up to 12 weekly treatments to achieve visible results.

# SECTION 4

## A Permanent Solution to Scars?

Both atrophic and hypertrophic scars may respond to in-office **LASER RESURFACING TREATMENTS** with a CO2 laser, and many patients see significant improvement after just one. The downside is the element of pain and several days of required downtime after the treatment, and the high cost in relation to other procedures.

Atrophic scars may also be treated with **SUBDERMAL FILLER INJECTIONS** to raise sunken areas to the level of the surrounding skin. While this is the most common medical method of scar treatment, the effects are only temporary and regular treatments are required for best results.

**MICRONEEDLING** is safe, but requires a large dose of patience and commitment. This therapy uses a small, handheld tool with a wheel covered in micro needles (sometimes called a derma-roller) that creates tiny, “micro-wounds” in the skin over and around the scar to signal your body to create new collagen at that site to improve the texture over time - sometimes as much as several months to produce any noticeable results.

**STEROID INJECTIONS** are a long-term course of treatment with the goal of flattening the scar and potentially softening the appearance and texture of keloid or hypertrophic scars.

Used only in extreme cases because of its risk of long-term side effects, low-dose, superficial **RADIOTHERAPY** is used to prevent the recurrence of severe keloid and hypertrophic scarring.

# SECTION 4

## A Permanent Solution to Scars?

### SCAR PROCEDURE COMPARISON

	Scar Revision Surgery	Dermabrasion	Chemical Peels	Laser Resurfacing	Dermal Fillers	Microneedling
Cost per Procedure	\$1,135	\$1,500	\$632	\$1,604	\$590	\$625
Effectiveness						
Risk/Discomfort	High	Medium	Low	High	Medium	Low

Not sure which in-office method is right for you? If you're on the fence about an in-office procedure, you may want to consider a non-invasive alternative treatment, such as **Dermaflage**, as a lower-cost, lower-risk solution that provides total scar concealment without side effects or downtime. This dual-benefit, conceal-while-you-heal product is also a valuable addition to any of the procedures above.

#### References/Hyperlinks

Laser: <http://www.plasticsurgery.org/cosmetic-procedures/laser-skin-resurfacing.html?sub=How+much+will+laser+skin+resurfacing+cost?#content>

Dermabrasion: <https://www.asds.net/Dermabrasion-for-Scars/>

Chemical Peel: <http://www.plasticsurgery.org/cosmetic-procedures/chemical-peel.html?sub=Chemical+peel+cost>

Scar Revision Surgery: <http://www.surgeryencyclopedia.com/Pa-St/Scar-Revision-Surgery.html>

Injectable Fillers: <http://www.plasticsurgery.org/cosmetic-procedures/dermal-fillers.html?sub=Dermal+fillers+cost>

Microneedling: <https://www.realself.com/microneedling>

# CONCLUSION

Visible scars may cause emotional and physical pain, with effects that can hold you back from living your life to the fullest. Here, we've explored the types of scars and the array of scar-reducing methods available on the market today so you can manage your expectations for the path you take. Among the many options for diminishing scars, the combination of camouflage plus topical silicone, as found in Dermaflage, is a safe, affordable and effective solution that offers both immediate gratification and long-term results. While there's no magic potion to make a scar vanish, discovering the right treatments and products to fit your individual needs may improve the appearance of your scar so that you can feel like yourself again.

Have questions? We're here to help! For more information about how to heal, treat and hide scars or about **Dermaflage**, including our Starter Kit which comes with a **100% Money Back Guarantee**, please visit <https://dermaflage.com> or email us at [info@dermaflage.com](mailto:info@dermaflage.com).