

Embrace Scar Therapy Aftercare Instructions

Embrace Scar Therapy Aftercare Instructions

Thank you for choosing Embrace Scar Therapy. This treatment is designed to improve the appearance of surgical or traumatic scars by reducing tension on the skin and supporting optimal healing. Following these aftercare instructions will help ensure the best possible results and minimise the risk of irritation or complications.

IMMEDIATELY AFTER APPLICATION

Mild Redness or Itching: It is normal to experience slight redness or itching around the edges of the dressing during the first few hours. This should settle as your skin adjusts.

Keep the Dressing Dry: Do not get the Embrace dressing wet for at least the first 24 hours after application.

Do Not Touch or Pick: Avoid touching, lifting, or adjusting the dressing, as this can affect adhesion and results.

ONGOING CARE

Wear Time: Each Embrace dressing is designed to be worn continuously for up to 10 days, unless advised otherwise by your practitioner. If it becomes loose or uncomfortable, contact your clinic for advice.

Bathing & Showering: Short showers are allowed after the first 24 hours, but avoid soaking the area. Pat dry gently; do not rub over the dressing.

Skin Care Around the Dressing: Keep the surrounding skin clean and dry. Avoid lotions, creams, or oils near the edges as these may loosen the dressing.

Replacement: Follow your practitioner's instructions for changing the dressing. Always apply a new dressing to clean, dry skin.

ACTIVITIES TO AVOID

Excessive stretching, bending, or heavy exercise that pulls on the scar area. Direct heat sources (saunas, hot tubs, heated blankets) over the treated site. Sun exposure to the scar — always apply SPF 30+ after the dressing is removed.

COMMON SIDE EFFECTS

Mild Redness or Itching: Temporary and should resolve as the skin adjusts. **Indentation Marks:** May appear temporarily after removing the dressing; these will fade. **Mild Loosening:** Adhesion may reduce over time, especially with moisture; replace if needed.

WHEN TO CONTACT US IMMEDIATELY

Severe itching, rash, or blistering under or around the dressing. Pain, swelling, or warmth in the scar area (possible infection). Unusual discharge or odour from the wound site. Any other symptoms that concern you.

LONG-TERM CARE

Continue using Embrace Scar Therapy for the duration recommended by your practitioner, typically 8–12 weeks. Protect the scar from sun exposure for at least 12 months after healing to prevent darkening. Follow up with your clinic as advised to monitor your progress.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

Patient Confirmation *

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.