



DR MISTRY
SPECIALIST PLASTIC SURGEON

MediLUX LED Scar Management Guide

What to expect from clinic-based LED as part of scar support.

AT A GLANCE:

Scars remodel slowly. The most useful plan is usually simple: protect the healing skin, use the products or treatments exactly as advised, avoid sun exposure, and contact the clinic if the scar becomes increasingly painful, hot, swollen, open, or rapidly raised.

How LED may support scar care

MediLUX is a clinic-based LED light therapy platform. LED treatments use selected wavelengths of light, commonly including red and near-infrared light, to support skin recovery pathways.

In scar care, LED is usually an adjunct rather than a stand-alone treatment.

Your clinician may suggest LED after surgery, injury, laser, microneedling, or other procedures when it is appropriate for your skin and healing stage.

What a session is usually like

- The treatment is non-invasive and usually does not require downtime.
- Your eyes will be protected. Keep protective eyewear on until staff advise otherwise.
- A session may be paired with wound checks, silicone therapy, massage guidance, or other scar treatments.
- Treatment timing and frequency should be individualised by the clinic.

Before your appointment

- Tell the clinic if you are pregnant, have seizures triggered by light, have lupus or a photosensitivity disorder, or take photosensitising medicines.
- Tell the clinic about recent cosmetic treatments, active infection, open wounds, or new rashes.
- Arrive with clean skin if asked, and avoid applying unapproved actives over healing skin.

SAFETY NOTE:

LED should not be used as a substitute for wound review. A scar or incision that is worsening, opening, draining, or increasingly painful needs clinical assessment.