



DR MISTRY
SPECIALIST PLASTIC SURGEON

Nokori Scar Tape and Balm Guide

Patient information for using silicone tape and balm as part of a scar-care routine.

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.

What the two products do

Nokori Scar Tape is described as a 100% medical-grade silicone dressing designed to help protect, flatten, and soften surgical scars. Nokori Scar Balm is described as a 100% natural balm for scar massage and post-procedure scar care.

How they may fit together

- Scar tape: provides a silicone contact layer over closed skin. Silicone scar therapy is commonly used to hydrate, protect, soften, and flatten scars over time.
- Scar balm: may be used for massage and moisturising once the wound is fully closed and your clinician has cleared massage.
- Together: they may support a scar-care routine, but they should be used exactly as your clinician or the product instructions advise.

Practical use tips

1. Use only on closed, dry skin unless your clinician gives different instructions.
2. Trim tape to fit the scar area if needed, avoiding unnecessary pull on nearby skin.
3. Use balm sparingly for massage; the aim is comfortable glide, not heavy residue.
4. If using both products on the same day, ask the clinic whether balm should be used during a tape-free period so the tape can adhere properly.

SAFETY NOTE:

Use only on closed skin. Stop and contact the clinic if skin becomes blistered, very itchy, wet, broken, increasingly red, or painful. These products support scar care but do not erase scars.