



DR MISTRY
SPECIALIST PLASTIC SURGEON

Rystora Scar Therapy Guide

Patient information for silicone tape

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 Rystora range is used for

Rystora Scar Therapy products are silicone-based scar products. Depending on the product selected, silicone may be supplied as gel, tape, spray, or sheets. Your clinician will choose the option that best fits your scar location, shape, and skin tolerance.

Silicone therapy is generally used after the skin surface has closed to help hydrate, soften, flatten, and protect a scar during the remodelling phase.

Choosing the right format

- Tape: useful for flatter scars where longer contact time is practical.

Safe use checklist

- Apply only to clean, dry, closed skin unless your clinician advises otherwise.
- Start gradually if you have sensitive skin, and check for rash, maceration, or itch that is getting worse.
- Stop and seek advice if the skin becomes red, blistered, wet, painful, or broken.

BEST PAIRED WITH:

Silicone therapy works best alongside tension reduction, moisturising when appropriate, scar massage if cleared, and strict sun protection.