



DR MISTRY
SPECIALIST PLASTIC SURGEON

Scar Healing Timeline

What patients can expect as a scar settles and remodels.

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.

Stage	What is normal	Helpful care
Days 0–7	Tenderness, swelling, bruising, redness, and a sealed incision or wound edge may be expected.	Follow wound-care instructions. Keep the area clean, avoid stretching the wound, and do not apply scar products until the skin is fully closed unless advised.
Weeks 1–3	The surface may look pink, shiny, itchy, firm, or slightly raised as collagen is laid down.	Begin gentle movement if cleared. Keep the scar moisturised once closed and protect it from friction.
Weeks 3–12	Scars often look redder or thicker before they improve. Itch and tightness can happen.	Use silicone, massage, compression, LED, or other therapies only as recommended. Be consistent.
Months 3–12+	The scar slowly softens, flattens, and fades. Some scars keep changing for 12–18 months.	Continue sun protection. Review early if the scar is rapidly thickening, painful, or extending beyond the original wound.

CALL THE CLINIC:

Increasing redness spreading into surrounding skin, warmth, pus, fever, wound opening, sudden swelling, severe pain, or an allergic rash should be checked promptly