



Sun Protection and Scar Care Guide

How to protect healing scars from UV-related redness and pigmentation.

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.

Why sun protection matters

New scars are more reactive to ultraviolet light. Sun exposure can make a scar darker, redder, more noticeable, or slower to settle. Protecting the scar is one of the simplest ways to support a better cosmetic result.

Daily scar sun-care plan

- Cover the scar with clothing, tape, dressings, or shade whenever practical, especially in the first year.
- Once the skin is fully closed and sunscreen is allowed, apply a broad-spectrum sunscreen of SPF 30 or higher; SPF 50+ is preferred for high-UV conditions.
- Reapply sunscreen every 2 hours outdoors, and after sweating, swimming, or towel drying.
- Use hats, shade, and timing: avoid peak UV periods when possible.

Product and treatment timing

- Apply scar gels or silicone products as instructed; allow products to dry before sunscreen if both are being used.
- Do not put sunscreen into an open wound or fresh incision unless your clinician has directed you to do so.
- After laser, microneedling, peels, or surgery, ask when sunscreen can safely resume.
- If pigment is developing, review early; treatment is easier before pigmentation becomes established.

REMEMBER:

Cloud, car windows, and brief incidental exposure can still contribute to UV exposure. A covered scar is usually better protected than a sunscreen-only scar.