

Scar Revision

Expert surgery to improve the appearance of scars

What is Scar Revision?

All surgery results in scars, however sometimes the size, position, and appearance of scars can make them noticeable and unsightly.

Specialist Scar Revision is surgical and medical management to improve the appearance of a scar. Treatment can change the shape, colour, and texture of the scar so that it blends with the surrounding skin. The wound becomes less prominent so that you are no longer feel uncomfortable or self-conscious about your scar.

Why have Scar Revision?

Your skin type, pigmentation, scar position, and any post-operative problems can all affect the appearance of scars. Large, irregular, lumpy, or discoloured scars can look unattractive and have a serious impact on your body image and self-esteem.

Scar Revision surgery can address unsightly scars on the face, scalp, and body.

Keloid scars

In keloid scars, the scar tissue overgrows to extend over the normal scar border. These are more commonly seen in areas where there is little underlying fat. The ear-lobes, chest, and neck are particularly vulnerable to keloid formation, but they can occur anywhere on the body. Keloid scars can be itchy and uncomfortable, particularly when they are actively developing.

Hypertrophic scars

Hypertrophic scars are stretched. They are most commonly seen in scars that have been closed under a lot of tension, in slow healing scars because of wound infection or breakdown, or in patients with a genetic predisposition.

The scars are raised, red, and uncomfortable and can get progressively wider over time. They can be darker or hyperpigmented or pale (hypopigmented) than the surrounding skin

Scars with overhang:

Abdominal scars from appendix removal or Caesarean section can cause the tummy to overhang the scar, which affects the contour of the body and can look obvious in fitted clothing.

Contractures or tight scars

These develop where the scarring causes the underlying tissue to pull on the overlying skin. They can be uncomfortable and may restrict movement.

Contractures are commonly seen when there is a large amount of tissue loss, such as after a burn or where wounds occur across joints like the fingers, neck, or knees.

If your scar is ugly, uncomfortable, or affecting your confidence, expert Scar Revision treatment from a cosmetic surgeon can help. Bella Vou can provide specialist revision of scars from trauma, surgery, skin disease, and self-harm. Scars regularly treated include:

- Appendix scars
- Caesarean scars
- Facelift scars
- Scars following facial injury
- Scars from breast surgery
- Chest or sternal scars
- Neck scars from tracheostomy or thyroid surgery
- Excision of acne ice-pick scars
- Scalp scars
- Lip scars
- Scars on the hands, feet, and limbs
- Self-harm scars
- Umbilical or belly button scars

What happens in Scar Revision surgery?

The process of Scar Revision at Bella Vou will depend on the type of scar, its position, and appearance. The consultant cosmetic surgeon will carefully assess your scar, discuss your worries, and tailor an individual programme of care. Treatment can include:

Surgical excision: The surgeon can excise the existing stretched, lumpy, puckered, or irregular scar. They will then carefully suture the wound to create a more discreet, linear scar in line with the natural creases of the skin.

Vaser Liposculpture: VASERlipo™ is an advanced body sculpting and fat removal procedure. It can be used to treat overhanging scars and reshape the area and is particularly useful for Caesarean and appendix scars.

Steroid injection: Steroids can be injected directly into the scar tissue to reduce inflammation and decrease keloid formation.

Steroid tape: Dressing with steroid impregnated tape during the day can help shrink keloid scars.

Silicone gel sheeting: Specialist silicone gel dressings can reduce keloid and provide a better cosmetic appearance; however, the process can take several months.

Laser treatment: Bella Vou offers laser therapy to change the colour of the scar, reduce redness, and help it blend with the surrounding skin.

How long is the recovery from Scar Revision surgery?

After Scar Revision excision surgery, most people can go home the same day. It's sensible to rest and recover for the rest of the day, and you should avoid bending, stretching, or heavy lifting for two weeks.

If your previous scar became keloid or stretched, your wound healing will be carefully monitored. Specialist dressings will be applied to reduce the risk of keloid formation, and you will be advised to avoid mobilising the area of the scar to prevent it from coming under tension.

The staff at Bella Vou will always be on hand following surgery to offer you support and to answer any questions.

Scar Revision Surgery

Quick glance guide to Scar Revision surgery

Procedure Time: From 40 minutes to over an hour, depending on the scar.

Recovery : 1-2 days although the surgeon will give individual advice

Anaesthetic: Local

Hospital stay: No

Treats: Abnormal and unsightly scars

Why choose Bella Vou for your Scar Revision?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable, stress, and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS) and named among the world's top influencers in cosmetic medicine in the prestigious RealSelf 100 awards. The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra bills or charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Scar Revision journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon with no obligation to proceed to treatment. The consultation is an opportunity to discuss the concerns you have with your scar and what you want to achieve.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. We might turn people away, suggest alternative treatments, or we may suggest that they go to a different specialist at another establishment. If someone is uncertain about an operation, we're happy to see them several times, without a consultation charge. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered another appointment with your consultant before proceeding to surgery. This will give you a chance to find out more about the procedure, your recovery, and to ask any questions you may have.

Preparation for Scar Revision surgery

Preparation can help aid wound healing and improve your final result. You may be asked to stop taking some medicines such as aspirin and ibuprofen to prevent bruising and bleeding. Quitting smoking can help improve wound healing and prevent complications.

On the day of your surgery, you'll be personally welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre, where your surgeon will greet you.

What happens during scar excision surgery?

The specialist surgeon carefully cleanses the skin and injects local anaesthetic to ensure the area is totally numb.

The surgeon makes an elliptical incision in the skin around the existing scar. They will aim to follow the natural creases and folds in the skin so that the scar will be less noticeable. They will carefully remove the skin containing the scar and carefully stitch the wound closed. The sutures are hidden under the skin and absorbable, so they do not need removal. Following surgery, the wound is covered with a simple dressing.

Recovery from Scar Revision

After Scar Revision excision surgery, most people can go home the same day. You should rest and recover for the rest of the day and avoid bending, stretching, or heavy lifting for two weeks.

If your previous scar became keloid or stretched, your wound healing will be carefully monitored by the wound care team at Bella Vou. Specialist dressings will be applied to reduce the risk of keloid formation, and you will be advised to avoid mobilising the area of the scar to prevent it from coming under tension. It's essential to stay out of the sun to prevent hyperpigmentation of the scar.

The staff at Bella Vou will always be on hand following surgery to offer you support and to answer any questions.

FAQs

My tummy hangs over my appendix scar, so it always looks lumpy. What can be done?

Appendix scars are at risk of becoming puckered and causing an overhang of fatty tissue when standing. Scar excision, together with Vaser Liposculpture, can be very effective. We can remove excess fatty tissue using Vaser, and the treatment also has a skin tightening effect, helping the wound lie flat.

I have acne scars, can they be treated?

Acne scars can be quite challenging to treat; however, the team at Bella Vou can significantly improve your complexion. Successful management involves a combination of treatments including Facial Peels, Dermal Fillers, Laser Resurfacing, Microdermabrasion and excision of some scars to reposition them or make them less noticeable.