



Cosmetic Treatments

How 3 Plastic Surgeons Recommend Fading Your Scars

By Danielle Fontana , Editorial Assistant | September 28, 2017



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Scars are a fact of life. No matter how careful you are, some, like the scars left behind from surgery, are unavoidable. Even the most skilled surgeon will tell you that a small, well-placed scar is an inevitable trade-off for a procedure you've been contemplating for years or one that you didn't get to choose—it is the body's natural way to heal an open wound, after all—but **sporting a new scar** can still be a tough pill to swallow.

Because gaining a new scar is the downside to planned procedures and accidental injuries alike, we asked three plastic surgeons to weigh in on the best ways to fade scars you've had for years, how to limit new ones from forming and how to reduce their appearance once they surface. Some of their answers may surprise you.

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Silicone Solution

More and more **silicone scar treatments** are beginning to surface, and according to Encino, CA, plastic surgeon **George Sanders, MD**, these options work well to lessen the appearance of unsightly scars. Dr. Durkin explains that these usually come in gel formulas or sheets, which wear like a Band-Aid over the scar and work by creating a water barrier over the skin, allowing for increased hydration for the most superficial layer of the skin, while also preventing the entrance of bacteria. "On a more scientific note, they can also create an electroneutral charge barrier, which rejects negative charged ions from entering the scar (these can create free radicals that can further scarring and inflammation)."

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