silagen | Rush Hospital
MD Anderson Cancer Center

HEAL WITH CONFIDENCE

A SIMPLE GUIDE TO POST-MASTECTOMY SCAR CARE

This guide shows typical incision patterns and how silicone therapy can support healthy scar outcomes. Start silicone only when the incision is fully closed and your surgeon says it's okay.

STEP 1

Begin around **2–3 weeks** post-op (incision closed, no scabs).

STEP 2

Wear strip **10-16 hrs/day** for **12 weeks**.

STEP 3

Wash skin daily and strips every few days for best results; **replace** when no longer sticky.

STEP 4

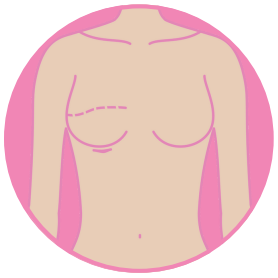
Do **NOT** use on open wounds. Stop and call your team if irritation occurs.



Simple Mastectomy or Lumpectomy

STRAIGHT/CURVED SCAR

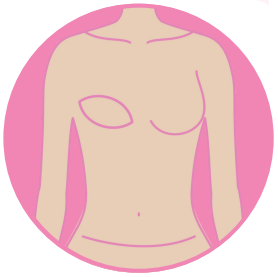
Use 2"×8" strips for longer scars; use 1"x3" or 1"x6" strips for shorter scars. Silagen Pure Silicone gel can also be used if preferred.



Implant After Nipple or Skin-Sparing Mastectomy

SCAR IN CREASE UNDER BREAST OR UNDER AREOLA

Use 1"×6" strips along the crease, or 2"×8" strips if longer. Use 1"×3" strips for small incisions or drain scars. Silagen Pure Silicone gel can also be used if preferred.



TRAM/DIEP Flap Reconstruction

OVAL OR FOOTBALL-SHAPED BREAST SCAR + HIP-TO-HIP ABDOMINAL SCAR

Breast: 1"×6" strips. Abdomen: 2"×18" or 2"×24" strip for incision scar, BellaButton Shaper for belly button scar. Silagen Pure Silicone gel can also be used if preferred.

NOT MEDICAL ADVICE. EXTERNAL USE ONLY. FOLLOW YOUR SURGEON'S INSTRUCTIONS.