FADE AWAY
SCAR MANAGEMENT SYSTEM

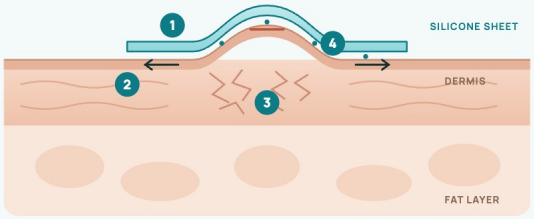
THE 12-WEEK SILICONE PROTOCOL

Your Scar Care Guide

Join our photo program: send us your progress and **get free product.** Plus how-to videos.

HOW IT WORKS: THE SCIENCE

First-line in international scar guidelines



1. **Holds hydration.** Seals the surface so moisture stays in the scar.
2. **Reduces tension.** Movement pulls on the silicone, not the healing skin.
3. **Calms collagen.** For a flatter, softer look over 8 to 12 weeks.
4. **Fades redness.** Color settles toward your skin tone.

WHEN TO START

2–3 weeks

after surgery, **only once your surgeon clears you.**

DO NOT USE ON

Open or weeping areas
Stitches, staples or scabs
Infected or broken skin
An active rash

REDNESS OR IRRITATION?

Silicone is inert. Redness usually means **trapped sweat, a dirty strip, rubbing edges, the adhesive on surgical tape** (not the silicone) or **too much wear too soon.** Try: dry skin, a washed or freshly cut strip, a 1–2 hr break. **Still red after 2–3 days? Stop and call your surgeon.** It may be the wound itself.

YOUR RECOVERY TIMELINE

Surgery	Wk 2–3	Wk 3–4	Wk 12	Mo 6–18
Your surgeon's wound care	**Start silicone**	Add massage once cleared	**Keep going** to 6 mo for best results	Final look settles

WEAR: MORE IS BETTER

Min 12 hrs — **Ideal 23 hrs**

0 — 12 — 24 hrs

Add a couple of hours a day as your skin allows.

YOUR DAILY ROUTINE

1. **Clean, dry** — Gentle wash, pat fully dry. No lotion.
2. **Cut to fit** — Scar plus ½ inch each side. Cut ends straight.
3. **Apply** — Lay it down gently. Don't stretch it.
4. **Wear** — 12 hrs a day, building to 23.
5. **Reuse** — Wash, air dry. Reuse up to 7 days.

TIPS FOR A STRONG HOLD

- **Warm the strip, not the scar.** Low hair dryer heat restores tack. Let it cool before applying.
- **Bone-dry skin.** No oils or lotion on that area.
- **Sweaty area?** Antiperspirant on the skin around, not on, the scar.
- **Lost its stick?** Wash with mild soap and air dry.

SILICONE ISN'T GLUE

It works on your scar but isn't an adhesive. Where you bend or stretch, add surgical tape.



Tape each end, half on silicone, half on skin. Add one mid-strip on long scars.

Use at: hip ends, breast T-junction, groin, armpit, waistbands.

WARNING

Shower Time Can Ruin Strips

Water, soap and lint ruin the grip. Take it off first. **Safe storage keeps it tacky up to 7 days:**

- **Its liner,** silicone down
- **Mirror,** silicone side up
- **A clean, lidded container**

C-Section kit: use its patch holder.

Massage

5 min, twice daily, once cleared.

Sun

SPF 30+ or cover up for a year.

Call your surgeon if

spreading redness, warmth, drainage, an opening, or thickening.

Closed, healed skin only. Results vary. Your surgeon comes

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SCAR MANAGEMENT SYSTEM

PLACEMENT GUIDE

Where Silicone Sheeting & Medical Tape Go

Find your procedure. **Picture 1** shows where the silicone goes. **Picture 2** adds medical tape where the strip tends to lift. Tape is drawn in coral so you can see it; yours will be white.

Silicone sheet · Medical tape · Incision

SILICONE SHEETING IS NOT GLUE

Silicone treats the scar. It holds by gentle natural tack, not adhesive. If your strip stays put, **you don't need tape.**

That tack fades with each wear. A few pieces of tape keep the strip in place so you **get the most use from every strip** and **keep wearing it every day**, which is what makes it work.

HOW TO TAPE

Tape always goes over the silicone and holds onto the skin around it. Never under the strip. Never on the scar itself.

Plain **1-inch paper medical tape**, the kind that holds dressings. About $1 a roll online, **pennies a piece.**

ADHESIVE ALLERGY

Some skin reacts to the glue on tape, not the silicone. Watch for **itching, redness or blisters** where the tape sat.

If that happens, stop the tape. Try a **hypoallergenic paper tape**, or go without and replace strips more often. Known adhesive allergy? **Ask your surgeon first.**

WHERE TO TAPE: AREAS OF TENSION

Skin that bends, stretches or rubs pulls the strip loose first. Tension also widens scars, so these spots matter most.

Joints and creases. Knee, elbow, armpit, groin, breast fold. Every bend lifts the edge.

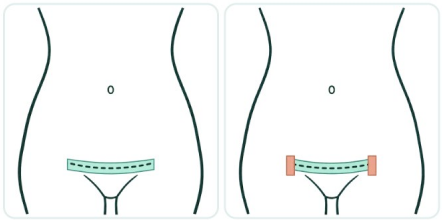
Curves. Belly button, areola, behind the ear. A flat strip can't hug a curve, so use smaller pieces plus a cross of tape.

Strip ends. Ends peel first. Tape each end, half on silicone, half on skin.

Long scars and waistbands. Add a tab mid-strip where clothing rubs or the scar is long.

ABDOMEN AND BREAST

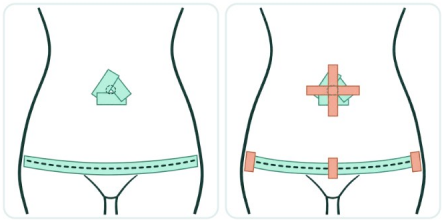
C-section — ABDOMEN



1 · Silicone 2 · Add tape

Tape each end of the strip.

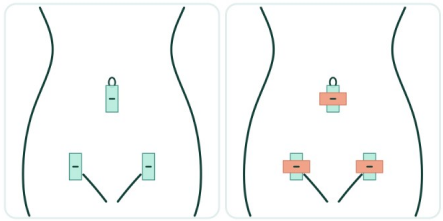
Tummy tuck — ABDOMEN



1 · Silicone 2 · Add tape

Tape both hip ends and the middle. Triangle on the belly button with a tape cross.

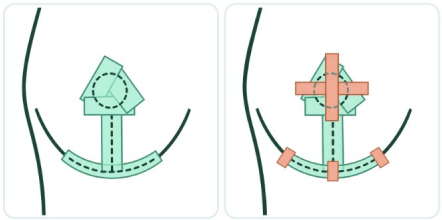
Liposuction — ABDOMEN



1 · Silicone 2 · Add tape

Small 1×2 in piece on each port, one tab across to make a cross.

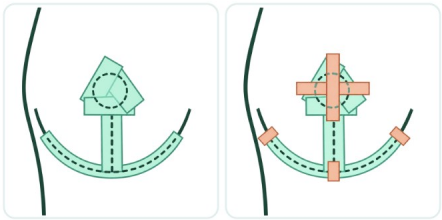
Breast lift — BREAST



1 · Silicone 2 · Add tape

Triangle on the areola with a tape cross. Tape the fold ends and the T-junction.

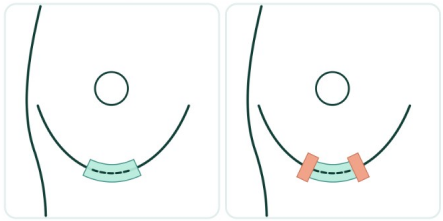
Breast reduction — BREAST



1 · Silicone 2 · Add tape

Same as a lift with a longer fold strip. Tape both fold ends and the T-junction.

Breast augmentation — BREAST



1 · Silicone 2 · Add tape

Strip in the fold below the nipple. Tape each end.

Closed, healed skin only. Results vary. Your surgeon comes first.

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PLACEMENT GUIDE

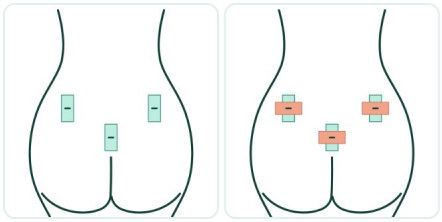
More Procedures and Special Cases

Picture 1: silicone only. **Picture 2:** add tape if the strip lifts. Tape goes over the silicone and onto the skin, never on the scar.

Silicone sheet · Medical tape · Incision

BODY CONTOURING AND LIMBS

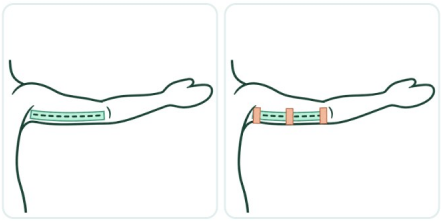
BBL — BUTTOCKS



1 · Silicone 2 · Add tape

1×2 in piece on each port, one tab across to make a cross.

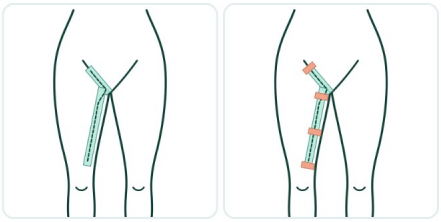
Arm lift — UPPER ARM



1 · Silicone 2 · Add tape

Tape near the armpit, mid-strip and near the elbow.

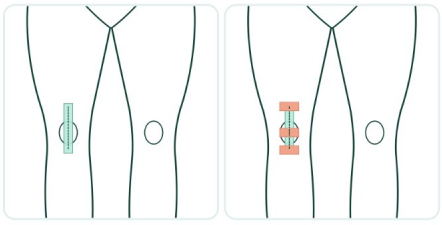
Thigh lift — INNER THIGH



1 · Silicone 2 · Add tape

Tape the groin bend, mid-thigh and the low end.

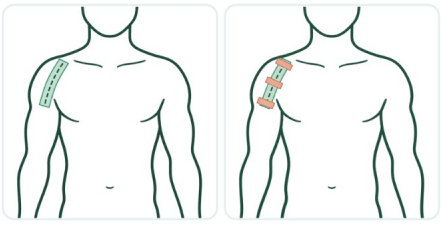
Knee replacement — KNEE



1 · Silicone 2 · Add tape

Tape above and below the kneecap and where the knee bends.

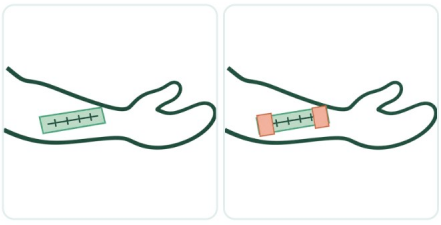
Shoulder replacement — SHOULDER



1 · Silicone 2 · Add tape

Tape each end and the middle. Shoulders move all day.

Cut with stitches — FOREARM

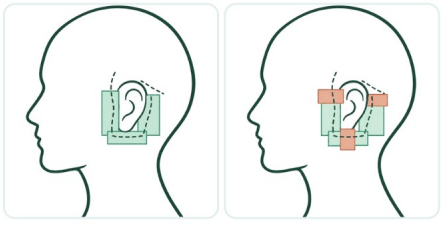


1 · Silicone 2 · Add tape

Once stitches are out and closed. Tape each end.

FACE AND SKIN CANCER

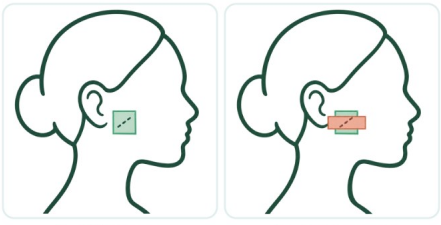
Facelift — FACE



1 · Silicone 2 · Add tape

Straight strips in front of and behind the ear, kept out of the hairline. Tape top and bottom.

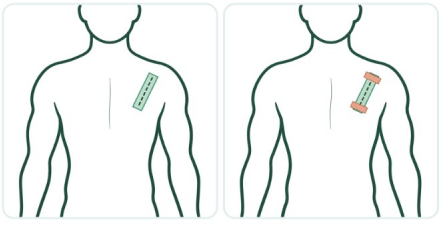
Skin cancer (face) — FACE



1 · Silicone 2 · Add tape

Small square over the spot. One strip of tape across holds it like a bandage.

Skin cancer (body) — BODY



1 · Silicone 2 · Add tape

Strip over the excision line. Tape each end.

SPECIAL INSTRUCTIONS

Small spots (skin cancer, moles): Cut a small square of sheeting, or use a dab of silicone gel, for the center. Tape over it like the pad of a bandage.

Belly button and areola: Three same-width pieces in an overlapping triangle over the incision. Add a tape cross if they lift.

Liposuction and BBL ports: One small vertical piece per port, one tab of tape across it. Short pieces for small scars.

Face and hairline: Keep silicone and tape out of the hair. Start at the ear and use short, straight strips.

Closed, healed skin only. Results vary. Your surgeon comes first.

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