

# Your Scar Deserves the Best Chance to Heal.

A gentle, evidence-informed guide to caring for your skin during every stage of the healing journey.

Every scar tells a story. Whether yours comes from surgery, an injury, a burn, or another life event, the way you care for it in the first months can meaningfully shape how it matures. Every person heals differently — but these simple habits create the best possible environment for healthy scar healing.

Save this guide, and come back to it often over the coming months.

## SUN

### 1. Protect Your Scar From the Sun

UV exposure is one of the biggest reasons scars darken. Once your skin is completely closed, apply a broad-spectrum SPF 30+ every day — even on cloudy days. It's one of the easiest ways to prevent unnecessary discoloration.

## HYDRATION

### 3. Keep Your Skin Hydrated

Healthy skin heals better. Once your incision has fully closed, keep the area moisturized with products recommended by your provider — comfort and remodeling both improve with hydration.

## FRICTION

### 2. Friction Is the Enemy

Constant rubbing keeps a scar irritated. Whenever possible:

- Avoid tight clothing
- Minimize repetitive rubbing
- Watch waistbands, bras & compression garments

## TIME

### 4. Healing Takes Time

A scar isn't "healed" after a few weeks — it continues to mature for up to 12 months. Color, texture and flexibility evolve. Most treatments are best delayed until month six, so the body can do its own work first. Healing is a marathon, not a sprint.

# Habits That Support a Healthy Healing Journey.

## PATIENCE

### 5. Don't Pick Scabs

Scabs are part of your body's natural healing process. Picking or removing them early can increase inflammation and raise the chance of discoloration. Let them fall away on their own.

## MASSAGE

### 7. Massage Matters

Once cleared by your surgeon, gentle scar massage can improve tissue mobility and reduce tightness. Always follow your surgeon's guidance on when and how to begin.

## NUTRITION

### 6. Nourish Your Body

Beautiful healing starts from within. Support it with:

- Plenty of water
- Adequate protein
- Quality sleep
- Avoiding smoking when possible

## PERSONALIZATION

### 8. Not Every Scar Needs the Same Treatment

The right approach depends on skin tone, scar type, age and location, and your individual healing response — a personalized evaluation always comes first.

At Natalia Mejia Skin, we believe scars are more than skin — they are part of your healing journey. Our goal isn't perfection. It's helping your skin heal as beautifully and healthily as possible, with the education and support you deserve along the way.

**NATALIA MEJIA · THE SCAR SPECIALIST**

**This is just the beginning**

## Your journey doesn't end on this page.

You'll continue to receive exclusive emails with professional scar care tips, common healing mistakes to avoid, educational videos and expert guidance — so you always know exactly how to care for your skin.