



Looking After Healing Wounds, Scabs and Scars

Information for patients from Professor Chinmay Gupte

1. What this leaflet is about

This leaflet gives general advice on how to look after:

- Minor wounds and grazes
- Surgical wounds once they are starting to heal
- Scabs and scars

It also includes examples of simple products and supplements that some patients find helpful.

Important: This leaflet does not replace advice from your own doctor, nurse or surgeon. If their instructions differ, always follow their guidance.

2. Helping your skin heal – the basics

Whatever caused the wound (a fall, sports injury or surgery), the same basic principles apply:

1. Follow your clinician's instructions

- If you have had an operation or stitches, follow the plan given by your surgeon or nurse.
- Do not change dressings or creams without checking first.



2. Keep it clean – but gentle

- Once you have been told it is safe to wash the area, use:
- Lukewarm water (not hot)
- A gentle cleanser or shower oil
- Do not scrub the wound area. Pat dry with a clean towel instead of rubbing.

3. Don't pick scabs

- Scabs are your body's natural "biological dressing".
- Picking them off early can:
- Delay healing
- Increase infection risk
- Make scars more noticeable

If a scab keeps catching on clothing, ask about a light dressing rather than picking it.

4. Keep the skin slightly moist (not dry and cracked)

- Modern wound care usually aims for skin that is:
- Clean
- Protected
- Slightly moisturised
- Avoid letting the skin around the wound become very dry, tight or cracked.

5. Protect from friction and sun

- Avoid rubbing from clothes, straps and sports kit.
- Once healed, protect scars from the sun with:



- Clothing, or
- High-factor sunscreen (SPF 30+), especially in the first year.

6. Support your body from the inside

- Aim for:
- Enough protein (e.g. fish, eggs, lentils, dairy, tofu)
- Adequate vitamin D, vitamin C and omega-3 fats
- Don't smoke – it significantly reduces healing capacity.

3. When should you seek medical help?

Contact your GP, urgent care service or surgeon as soon as possible if you notice:

- Redness, heat or swelling spreading away from the wound
- Pus or foul-smelling discharge
- Rapidly increasing pain
- Fever or feeling shivery/unwell
- The wound edges pulling apart
- Bleeding that does not stop with firm pressure

Do not rely on creams or home products alone if any of the above are present.

4. Products that may help (optional)



You do not need special products for good healing. However, many patients like clear examples of things that are:

- Easy to buy on the high street or online
- Reasonably priced
- Gentle on healing skin

Below are examples I often recommend. We will list these or similar items on the OmKneeHealth online shop for convenience.

We have no sponsorship from these brands and no special financial relationship beyond normal retail margins. You are free to use any equivalent products you prefer.

A. Soothing balms and barrier creams

(for intact or nearly-healed skin – not fresh open wounds)

Helpful for dryness, tightness and irritation once the wound surface has closed:

- Cica multi-balm
- For dry, irritated or post-procedure areas.
- Example: Face Facts Cica Correcting Multi Balm
- Link: <https://facefacts.me/collections/moisturisers/products/face-facts-cica-correcting-multi-balm>
- Ceramide barrier-repair cream



- Supports the skin's natural barrier and reduces tightness.
- Example: Face Facts Ceramide Repairing Serum Cream
- Link: <https://facefacts.me/collections/ceramide/products/face-facts-ceramide-repairing-serum-cream>
- Rich barrier ointment for cracks and fissures
- Useful for very dry, cracked heels, fingertips or fissured skin.
- Example: Uriage Bariéderm "Fissures & Cracks" Ointment
- Link: <https://www.amazon.co.uk/Uriage-Bariederm-Ointment-Fissures-Cracks/dp/B01M8M181T>

How to use:

- Apply a thin layer once or twice daily to clean, dry skin.
- Stop if you get burning, rash or worsening irritation and seek advice.

B. Gentle cleansing: shower oil

Regular foaming shower gels can make healing skin drier and more irritated.

- Shower oil for sensitive skin
- Cleans without stripping natural oils.
- Example: <https://www.amazon.co.uk/dp/B00P9YV0Z6>

Tips:



- Use lukewarm water, not hot.
- Wash with your hand rather than a rough cloth.
- Pat dry with a clean towel.

C. Silicone scar tape (for fully healed scars)

Once the wound is fully healed and completely closed, silicone can help improve scar appearance over time.

- Silicone scar tape roll
- Cut to size; soft and flexible over joints.
- Example: <https://www.amazon.co.uk/Silicone-Roll-3M-Medical-Easy-Tear-Treatment/dp/B0FC2SB4ZL>

How to use (general guidance):

- Only start when your surgeon or clinician confirms it's safe.
- Cut the tape slightly larger than the scar; apply to clean, dry skin.
- Wear for many hours a day (often 12–24 hours) as advised.
- Reuse each piece until it loses stickiness, then replace.
- Continue for several weeks to months for best results.

5. Supplements that may support healing and joint health

(optional – always check with your doctor first)

Supplements do not replace good food, sleep and rehab, but can support overall health.



Vitamin D3 with K2

- Supports bones, muscles and immunity.
- Many people in the UK are low, especially with darker skin or little sun.
- Example: Bare Biology “Beam & Balance” D3/K2 Spray
- Link: https://healf.com/products/bare-biology-beam-balance-vitamins-d3-k2-daily-spray-25ml?variant=44567736844527&selling_plan=6443401455

Omega-3 (EPA/DHA – fish oil)

- Supports heart and joint health and normal inflammation pathways.
- Especially useful if you rarely eat oily fish.
- Examples:
 - Puori O3 Ultra-Pure Fish Oil Capsules – <https://puori.co.uk/products/o3-ultra-pure-fish-oil-capsules>
 - Fjord Labs Fish Oil (liquid/capsules) – <https://fjordlabs.co.uk/>

Magnesium

- Involved in muscle function, nerve function and energy.
- Many patients use it for muscle tension and sleep.
- Examples:
 - Magnesium Breakthrough – a multi-form blend: https://healf.com/products/magnesium-breakthrough?variant=43908278550767&selling_plan=6679822575
 - Magnesium Bisglycinate – gentle and well absorbed: https://healf.com/products/love-life-supplements-magnesium-bisglycinate?variant=44017519558895&selling_plan=6680215791



Vitamin C (for collagen and healing)

- Important for collagen formation in skin, ligaments and tendons.
- Liposomal forms may be better absorbed and gentler on the stomach.
- Example: Zooki Liposomal Vitamin C
- Link: <https://zooki.com/products/liposomal-vitamin-c-l>

Supplement safety note:

Always check with your GP, pharmacist or specialist before starting new supplements, especially if you:

- Take regular medication
- Have long-term medical conditions
- Are pregnant or breastfeeding

6. Key points to remember

- Keep healing skin clean, gently washed and patted dry.
- Do not pick scabs.
- Use simple barrier products once the surface has closed.
- Consider silicone scar tape for fully healed scars if your clinician agrees.
- Support healing from the inside with good food, sleep and, if appropriate, supplements.
- If you are worried – especially about infection or a wound opening – seek medical advice early.

If you are under the care of Professor Gupte and are unsure whether a product is suitable for your wound or scar, please ask at your appointment or contact the clinic for personalised advice.