



RECOVERING  
FROM A  
**BBL**

ACHIEVING AN OPTIMAL SCAR  
WITH **THE Ogee SCAR SYSTEM**  
**LIVE YOUTUBE CLASS**

[www.ogeerecovery.com](http://www.ogeerecovery.com)



# HELLO!

By this time you should have the Syllabus. Please make sure you go over all topics and keywords so you are well prepared to begin the class.

Nobody desires a scar post-surgery, yet it's a natural consequence of most surgical procedures. The key lies not in avoiding scars but in optimizing their appearance. Dr. William's Ogee Scar System simplifies the process of attaining the best possible scar post-surgery.

Firstly, it's essential to understand that a typical scar needs around 12 months to mature fully. Throughout this period, the scar's appearance can be influenced, meaning consistent care is pivotal. If you only focus on scar care for a month post-surgery, you're unlikely to see optimal results. A well-healed scar is flat, thin, and blends seamlessly with the surrounding skin. Here's the approach:

## THE OGEE SCAR SYSTEM: A TWO-PART APPROACH

1. Silicone Scar Strips: Designed for overnight application directly over the incision.
2. The Ogee Scar Gel: This unique gel is equipped with a vibrating rolling ball applicator.

Using the system is simple. Every evening, position the scar strips over the incision and keep them on overnight. Come morning, take them off, clean and dry the incision area, and then apply the Ogee Scar Gel. To apply the gel, first, shake the bottle so the gel reaches the rollerball tip. Activate the vibration feature and gently massage the gel onto the scar, using small circular motions along the incision's path.

This process should be repeated twice a day, with each application lasting about two minutes.

There's no harm in frequently using the scar strips or in massaging the area. Commit to this regimen for a year post-surgery. If you prioritize one activity, let it be the massage.

## PRODUCTS TO AVOID ON YOUR SCAR

Stay away from hydrogen peroxide, ethyl alcohol, witch hazel, betadine, and, surprisingly, vitamin E. Contrary to popular belief, vitamin E hasn't been proven beneficial for fresh surgical wounds. It can potentially obstruct collagen formation and even cause allergic reactions in some people.

A week after surgery, consider applying sunscreen (minimum SPF 35) if you anticipate sun exposure. Given our routine exposure to UV radiation, daily sunscreen application is wise, even if direct sun exposure isn't expected.

## SKIN TENSION AND DIFFERENCES IN HEALING

Even with meticulous wound closure, scarring varies among individuals due to genetic differences. The scar's location also affects its appearance. For example, scars on high-tension areas like the shoulders or back may be broader than those on low-tension areas, such as the face or hands.

## HYPERTROPHIC SCARS VS. KELOIDS

These terms are often confused. Hypertrophic scars are thick and red but stay within the incision's boundaries. Keloids, more common in darker skin tones, grow beyond the incision and are denser. Each requires a distinct treatment approach.

## REVISIONS: PROCEED WITH CAUTION

One should only consider scar revision after it has fully matured (around 12 months). Bear in mind that revising a scar doesn't always yield better results; in some instances, the revised scar might appear more prominent, especially with keloids. Regular massage and consistent use of the scar strips can significantly reduce the need for revisions.