

UPMC Cosmetic Surgery & Skin Health Center

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SUBCISION

- Subcision is a treatment used to correct a type of scar called a valley scar. A valley scar simply means there is a defect in the volume of the skin at the site of the scar. The goal of subcision is to improve this decreased volume.
- Subcision treatment breaks up the bands that pull the scarred area down causing the depression in the skin. This also allows for the formation of new, healthier tissue.
- The exact number of treatments is patient dependent, but you should expect multiple treatments for maximal results. Please be aware this treatment will improve your scars, not eliminate them.

What to Expect?

- The area to be treated is outlined with a marker designed to be used on the skin and then anesthetized with a numbing agent, much like what is used at the dentist. Then the area is cleaned with betadine.
- A special needle is inserted into the skin below the scarred area. It is moved back and forth in a fanning motion to break up the bands that pull the scar downward. You may hear popping sounds but you will not feel any pain.
- Following the procedure, expect bruising that will last around 1 week. To minimize bruising, follow these tips:
 - Take Bromelain 500 mg twice a day on an empty stomach for 1 week prior to treatment and 1 week after. You can purchase this from GNC.
 - Avoid agents that increase bruising for 2 weeks prior to treatment and 2 days after:
 - Aspirin (if medically okay to stop)
 - Ibuprofen (Advil, Motrin, Aleve, Naprosyn)
 - Fish Oil
 - Vitamin E
 - Herbal Supplements
- To care for your skin following treatment, gently wash with soap and water twice a day. You may continue to use your normal skin care products.
- Subsequent treatments are spaced 6 weeks apart.
- Sometimes areas can appear bumpy or develop an over-abundance on collagen. If this happens, firmly massage the area three times a day for 1 minute at a time. If this doesn't help after 1 month, we may inject a little bit of cortisone to flatten it or we may suggest a dermabrasion (sanding) to flatten it.